

Group Reformer Classes

Can also be used for Floor Classes.

Drop-In Reformer Session	\$30
8 sessions (30 day expiration)	\$120
12 sessions (30 day expiration)	\$165
Unlimited Sessions (30 Days)	\$219
10-Session Pack (3 month expiration)	\$225
20-Session Pack (6 month expiration)	\$400
40-Session Pack (12 months expiration)	\$700
Unlimited Sessions (90 Days)	\$495

Floor Classes

(TRX, Mat Pilates, Yoga & Barre)

Individual Session	\$13
4 Sessions (30 days)	\$48
8 Sessions (30 days)	\$88
Unlimited Sessions (30 days)	\$99

Private Sessions

55-Minute Session (Full)	\$70
30-Minute Session (Half)	\$40
5 Full Sessions (1 month expiration)	\$325
10 Full Sessions (6 month expiration)	\$600
20 Full Sessions (12 month expiration)	\$1,100

Duet Sessions

55-Minute Session	\$80
5 Duets (2 month expiration/per person)	\$200
10 Duets (4 month expiration/per person)	\$350
20 Duets (12 month expiration/per person)	\$650

Group classes have a maximum 6 clients * Class is 55 minutes*
Must be reserved and prepaid online to guarantee availability



PROMOTE
HEALING, HEALTH
AND FITNESS!



Gentle Yet Challenging!

8729 S. Kyrene Road, Suite 110
Tempe, AZ 85284

www.pilatestempe.com

480-820-7200

THE BENEFITS OF PILATES

Core Fitness. Pilates is an intelligent approach to fitness—it addresses muscle firing patterns, joint range of motion, core support and overall muscle strength.

Weight Loss. Learn how to change body composition with gentle yet powerful exercises. Over time, lose fat and build lean muscle mass.

Flexibility. Easily stretch all muscles throughout the routines while strengthening at the same time.

Back Strength. Learn how to change the way the back responds to day-to-day activities. Educate the neuro-muscular system to respond with the appropriate protective core muscle action. Our clients tell us how their posture has changed and that they can “lift and move freely.”

Pre-Postnatal Fitness. During pregnancy and postpartum, training the muscles of the pelvic floor and conditioning the deep layers of abdominal and back muscles improves recovery and decreases lower back pain.

- Strengthen the spine for support
- Ease labor
- Speed postpartum recovery and weight loss

Athletic Performance. For the casual or professional athlete, Pilates will decrease injury and improve performance. Programs are tailored to the individual and their objectives. The results include:

- Increase in active range of motion, strength
- Improvements in muscle symmetry (i.e., balancing dominant muscle patterns)
- Increased awareness of movement habits (proprioception)
- Movement efficiency and power
- Extreme core strength and overall muscle endurance

Senior Fitness. Feeling strong and healthy are key factors to aging. There are many fitness gimmicks and programs that do not address the issues of aging. In Pilates, the focus is on issues such as spine degeneration, pelvic floor strengthening, pulmonary function (deep diaphragmatic breathing), flexibility as well as helping strengthen day-to-day movements and improving balance.

Over 85 Classes per week!

Private & Duet Training by Appointment

WELCOME!

Pilates Tempe is dedicated to maximizing workouts utilizing resistance, stretching, isometrics and cardio training. Classes, private training and duet sessions (2 people) are offered. Our instructors are certified and our price structure is designed to be **affordable!**



Referral Benefits

For You:

By practicing Pilates, your patient/our client learns more about their body, increasing awareness of daily movement habits.

This enables your treatment to be more successful, creating a happier patient who will be your best advocate.

To You:



Demonstrating our appreciation for your referrals is important to us. We'd like to say thanks by offering you and your staff a 10% discount on our sessions—privates, duets, or classes.

PLUS: We would like to keep a supply of your informational material in our Studio.

We can display your logo (or image of your choice), your business name and a short description of your business on our **Recommended Sites** page of our website.

Using your logo/image, we will create a hyperlink to your website. We will assist you in creating a hyperlink back to our website.

PILATES

What is Pilates (pi – LAH – teez)?

Pilates is a unique system of stabilizing, strengthening and stretching exercises developed over 90 years ago by Joseph Pilates. He used his system to rehabilitate patients during WWII. He attached springs to hospital beds to support and strengthen his patients. These spring-based exercises became the basis for the “Reformer.”



and athletes in New York City.

What kind of results can be achieved with these workouts?

The combination of strengthening, cardiovascular and lengthening exercises develops long, lean muscles, improves posture, increases metabolism and adds flexibility to the spine. Pilates changes body composition (muscle to fat ratio). It attacks excess bulk in the hips and thighs and tightens the body’s core muscles for rock-hard abs. Our clients consistently report a significant loss of inches from regular practice.

PILATES TOWER

The Pilates Tower is a unique apparatus that consists of a horizontal table and frame with various bars to push through and roll down from the tower, leg and arm springs. Following the Pilates principles, Tower classes incorporate strength and stretching exercises to challenge the entire body.



PILATES MAT

Pilates Mat is a mind-body exercise that focuses on the fundamental principles of the Pilates Method: control, coordination, centering, precision, flow and breath. Performed on a mat, the exercises are sequenced to strengthen the core muscles, including abdominals, back, hips and glutes. Pilates mat tones muscles while improving posture and overall functional movement.

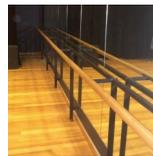
PILATES CHAIR

The Chair is designed to stretch and strengthen muscle groups not easily reached by more traditional techniques and equipment. It consists of a seat and a foot bar where springs are attached. Clients can sit, lie or stand on the Chair or the floor and push the foot bar with their hands or feet. It focuses on core strength, leg strength, shoulder girdle stability, mobility and strength and functional movements such as standing, climbing, pushing and lifting.



BARRE

Barre Class with Pilates principles is a modality that integrates the fat-burning format of interval training with muscle-shaping isometrics using your own body weight, hand weights or the Barre to quickly and safely reshape the entire body.



YOGA

Yoga is a discipline that helps the individual unify his/her body, mind, and heart. Many people think that yoga is stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility.

TRX

TRX is a bodyweight exercise that develops flexibility and balance while building functional strength and core stability. Using gravity and your bodyweight in dynamic positions, TRX incorporates hundreds of suspension exercises for an effective total body workout that is beneficial for all fitness levels.



LIFESTRETCH

LifeStretch is a functional mobility and stretch class. It encourages your individual journey and freedom to move, listen and learn about your body. Slow down and play bit. You will be amazed how energized and relaxed you will feel when you are done with class. It is based in the new concept of moving within your Fascial Net—this is where your sense of wellbeing lives, as well as your proprioceptive awareness.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	√	√	√	√			
7:00		√		√		√	
8:15	√	√	√	√	√	√	√
9:15	√	√	√	√	√	√	√
10:15						√	√
11:15							
12:15	√	√	√	√	√		√
1:15							
3:15		√	√	√			
4:15	√	√	√	√			
5:15	√	√	√	√			
6:15	√	√	√	√			
7:15	√	√	√	√			
8:15		√	√	√			

Class types change each session. Multiple classes offered on specific hours. Access exact class schedule on www.pilatestempe.com

ABOUT PILATES TEMPE

13 Pilates Reformers
(2 Studios (6 each) & 1 private room)
4 Pilates Chairs 7 Pilates Towers
Mats, Rings, Body Bars
Balance Balls, Hand Weights
Barre, Mat, LifeStretch®
TRX, Yoga
Nutritional Counseling
Essential Oils
Fifteen Certified Teachers

Clients receive a Free One-Hour Personal Consultation to introduce them to their body and the pilates reformer.

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Insurance/Billing Information

Pilates is typically paid out-of-pocket by the client. However, Flexible Spending Account (FSA) funds can be used or the amount paid during the year can be a medical deduction if the client has a written recommendation from a medical practitioner.