

Spring Reformer Pilates	Monday	Tuesday	Friday	Saturday
7:00am			Beginner/Intermediate 45 minutes	Private session 50 minutes
7:15am	Beginner/Intermediate 60 minutes	Intermediate 45 minutes		
8:00am			Beginner/Intermediate 60 minutes	Beginner/Intermediate 45minutes
8:30am	Beginner/Intermediate 60 minutes	Beginner/Intermediate 45 minutes		
9:00am				Intermediate 45minutes
9:45am		Combo RMT + pilates 60 minutes		
10am	Combo RMT + pilates 60minutes			Private session 50 minutes
11am		Intro to Reformer pilates 30 minutes		Beginner 45minutes
11:45am		Beginner/Intermediate 45 minutes		
12:00pm	Private session 50 minutes			Private session 50 minutes
12:45pm		Pilates with modifications 45 minutes		

Studio 56 Semi-Private STOTT Pilates Reformer Training

50 Minute Private training \$85 + tax
60 Minute Semi-Private Training \$65+ tax
45 Minute Semi-Private Training \$50 + tax
30 Minute Intro to Reformer Pilates \$40 + tax

Combo massage + pilates 60 minutes \$135 inc.HST with RMT receipt

*Beginner class 0-10 - Reformer classes in 12 months

*Beginner/Intermediate - 5+ Reformer classes in 3 months

*Intermediate - 20+ Reformer classes in 6 months

*Pilates with Modifications - student can get on/off the reformer, change positions and have an ability to move the body pain-free in multiple planes with resistance. This student may need props and adjustments to safely and effectively practice the exercises

*Privates - student needs / wants more personal attention