WHY PILATES

Pilates is designed to stretch, strengthen and balance the body.
Pilates is based on the belief that mental and physical health are inter-related.
Pilates is endorsed by health professionals worldwide.

Joseph Pilates philosophy:
In 10 sessions you will FEEL the difference.
In 20 sessions you will SEE the difference.
In 30 sessions you will HAVE a whole NEW BODY.

REFORMER / TOWER CLASSES

Small group Reformer or Tower classes give you the opportunity to train on the reformer or tower with a certified Pilates instructor in a class that accomodates up to 6 people. If you have no prior Pilates experience you will need to take one (1) private session with our Pilates Director free-of-charge.

GROUP CLASS SCHEDULE

MONDAY	10am
TUESDAY	9am, 5pm
WEDNESDAY	10am , 6pm
THURSDAY	9am, 5pm
FRIDAY	10am
SATURDAY	9am

PRIVATE SESSIONS

Members Only

1 lesson	$58
6 lessons	$295
12 lessons	$590

GROUP CLASS PRICING & PACKAGES

1 class	**$20**	($24/non-member)

PACKAGES:

6 classes	**$110**	($135/non-member)
12 classes	**$200**	($252/non-member)

1 month unlimited classes	**$199/month**
3 month unlimited classes	**$179/month**
6 month unlimited classes	**$149/month**

**Unlimited Monthly Classes for Members Only*

For more information, contact Joanna Evans at pilates@myfrancos.com or 985-792-0273

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