

PILATES




franco's

class schedule effective 11.22.22

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 accommodates 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, 5:15pm <i>(new time!)</i>
TUESDAY	8am, 9am
WEDNESDAY	10am, 5:15pm <i>(new time! starts 11/30)</i>
THURSDAY	9am
FRIDAY	10am
SATURDAY	9am

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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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