

# PILATES



  
franco's

*class schedule effective 3.20.2023*

## 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	9am, 10am, 5:15pm
TUESDAY	8am, 9am
WEDNESDAY	10am, 5:30pm
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](mailto:pilates@myfrancos.com) or 985-792-0273

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