



# Pilates

## 2024 WINTER SCHEDULE!

REFORMER & TOWER CLASSES  
FRANCO'S HEALTH CLUB & SPA

Schedule eff. Feb 2025

**MON** 8am Reformer "Jump"  
9am Pilates Reformer  
10am Pilates Reformer  
5pm Pilates Reformer

**TUE** 8am Pilates Reformer  
9am Pilates Reformer  
10am **BEGINNER Pilates Reformer** **NEW!**

**WED** 8am Pilates Reformer  
9am Pilates Reformer  
5pm Pilates Reformer

**THU** 9am Pilates Reformer  
10am Pilates Reformer  
11am **BEGINNER Pilates Reformer** **NEW!**

**FRI** 8am Reformer "Jump"  
9am Pilates Reformer  
10am Pilates Reformer

**SAT** 9am Pilates Reformer

**SUN** 10am Pilates Reformer



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

*New to Pilates?*

### INTRO TO REFORMER CLASS

If you have no prior Pilates experience or would like a refresher, you will need to take one 30 minute Intro to Reformer Private session

**\$30/members, \$42/non-members**  
(please do not book a class online until this session has taken place). After completion you will receive **one (1) free group class!**

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.

**Pilates Reformer "JUMP"** is an intermediate low-impact aerobic exercise class using a jump board.



join today!

985-792-0273

PILATES@MYFRANCOS.COM

# Pilates

REFORMER & TOWER CLASSES  
FRANCO'S HEALTH CLUB & SPA

## Packages + Price Savings Breakdown

Package	Package Price / Franco's Member	Package Price / Non-Member
1 class	\$23 per class	\$35 per class
6 classes	\$120 (\$20 per class)	\$168 (\$28 per class)
12 classes	\$216 (\$18 per class)	\$300 (\$25 per class)

*Want to Save More?*

### MEMBERS ONLY

enjoy our **Unlimited Monthly Packages!**

1 month: \$205 (\$17 per class)

6 month commitment: \$185 per month (only \$15 per class!)

*Need your Privacy?*

### 60-minute Private Sessions

Package	Package Price / Franco's Member	Package Price / Non-Member
1 private session	\$62 per session	\$87 per session
6 private sessions	\$330 (\$55 per session)	\$510 (\$85 per session)
12 private sessions	\$636 (\$53 per session)	\$996 (\$83 per session)



join today!

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# Franco's Pilates Reformer Policies and Procedures

Name: \_\_\_\_\_ Age: \_\_\_\_\_

D.O.B. \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

## Pilates Reformer Plan:

Drop in       Packages: \_\_\_\_ 6 or \_\_\_\_ 12       Unlimited: \_\_\_\_ 1M or \_\_\_\_ 6M

## Payment:

Member CTA: \_\_\_\_\_ Guest: \_\_\_\_\_ (*non-mbrs. must pay by CC for monthly billing*)

Please circle:    Visa    MC    AMEX    Disc

C.C. Number: \_\_\_\_\_ Exp. \_\_\_\_\_

ALL PILATES FEES ARE NON-REFUNDABLE. **INT:** \_\_\_\_\_

Your Pilates Instructor is expecting and planning on your attendance.

## Attendance Policy:

- Pilates Reformer members are required to cancel their class online within 12 hours of class start time. After the 12 hour window, the participant will need to call or text the Director of Pilates at 985.323.7670, otherwise you will be charged for the class. **INT:** \_\_\_\_\_
- Participants will be able to sign up to 2 hours from the class start time. **INT:** \_\_\_\_\_
- If you are wait listed for a class and receive a spot, you will be notified by email and have 3 hours to accept the spot before your spot goes to the next person on the wait list. **INT:** \_\_\_\_\_
- Package Expiration Date: 6 packs expire in 6 weeks and 12 packs expire in 8 weeks. **INT:** \_\_\_\_\_

**If there is only one person signed up for class you will be contacted & class will be cancelled.**

**Sickness:** Please respect Pilates participants by not coming to class if you are exhibiting signs of sickness.

**Publicity Release:** Photos taken during Pilates Reformer class may be used in Franco's material, website, social media or any other advertising.

**Liability:** I hereby accept all risks associated with my participation in Pilates Reformer and release Franco's and it's employees including Pilates Instructors, from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in Pilates.

I, \_\_\_\_\_ agree to all the Pilates Reformer policies and procedures.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date