





FEBRUARY CLASS SCHEDULE

| MORNING CLASSES | | | | | | |
|--|--|---|---|---|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| ☆☆ NEW☆☆ 9:30-10:30 BODY ARCHITECT CLASS (ANDREA) | FREE CLASSES OF THE MONTH SUNDAY FLOW YOGA CLASS 10AM FEB 5TH ☆☆☆☆☆☆☆ FRIDAY PILATES MAT CLASS 11AM ON FEB 9TH | | |  | | 8:30-9:30 PILATES WITH BALL (PAT) |
|  | | 10:00-11:00 PILATES MAT WITH PROPS (JEN) |  | | ☆☆ NEW☆☆ 9:30-10:30 PILATES MAT CLASS (PAT) | ☆☆ NEW☆☆ 10:00-11:00 FLOW YOGA CLASS (MARI) |
| BEAUTIFUL GIFT CERTIFICATES AVAILABLE ONLINE! WWW.YOGA-N-PILATES.COM | | | | ☆☆ NEW☆☆ 11:00-12:00 PILATES MAT CLASS (KATHY) | 10:00-11:00 PILATES TOWER CLASS (JEANETTE) | 10:00-11:00 PILATES TOWER CLASS (DEBORAH) |
| ☆☆ NEW☆☆ 11:00-12:00 PILATES TOWER CLASS (DEBORAH) |  | 11:00-12:00 PILATES TOWER CLASS (DEBORAH) | USE PILATES TO IMPROVE YOUR SKIING AND SNOWBOARDING! | |  |  |

| AFTERNOON/EVENING CLASSES | | | | | | |
|--|---|---|---|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 1:00-2:00 PILATES MAT CLASS (KATHY) | |  | | |  | |
| ☆☆ NEW☆☆ 4:00-5:00 TEEN & TWEEN YOGA | 6:00-7:00 PILATES MAT CLASS (PAT) | ☆☆ NEW☆☆ 6:30-7:30 PILATES MAT CLASS (PAT) | ☆☆ NEW☆☆ 4:00-5:00 PILATES TOWER CLASS (KATHY) | | | |
| 6:30-7:30 PRENATAL YOGA WORKSHOP FEB 20 TH - MAR 26 TH (TONI) | | 7:00-8:00 PILATES TOWER CLASS (JEANETTE) | ☆☆ NEW☆☆ 6:15-7:15 PRENATAL YOGA WORKSHOP MAR 1 ST - APR 5 TH (TONI) | GIRLFRIEND TOWER AND MAT CLASSES CAN BE STARTED JUST FOR YOU! | | |
| 7:45-8:45 PILATES YOGA FUSION (TONI) | ☆☆ NEW☆☆ 7:00-8:15 FLOW YOGA (MARI) | | ☆☆ NEW☆☆ 7-8PM PILATES TOWER CLASS (KATHY) |  | |  |
| IN CASE OF INCLEMENT WEATHER PLEASE CHECK ONLINE OR CALL THE STUDIO TO CONFIRM STUDIO IS STILL OPEN | | | ☆☆ NEW☆☆ 7:15-8:15 PM FLOW YOGA (TONI) | Premier Pilates & Yoga, LLC 53 Mountain Blvd, Warren, 07059 (908)754 5901 www.Yoga-n-Pilates.com | | |

GROUP CLASS RATES

For Pilates Tower Classes pricing see below

| | Cost per class | Total | Terms |
|---|------------------------|--------------|--|
| Your First Mat Class | \$10 | | New clients only, First class at the studio only |
| Single Mat Class (Drop-in rate) | \$20 | | |
| 5 Mat Classes Series Card | \$17 | \$85 | Valid for 3 months |
| 10 Mat Classes Series Card (Our most popular option) | \$15 | \$150 | Valid for 3 months |
| Mat/Tower Package: 5 Mat/5 Towers (only with instructor's approval) | \$15/mat \$25/Tower | \$200 | Valid for 3 months |
| Prenatal Yoga Workshop (Registration required) | \$25 | \$150 | 6 Class Workshop |
| Pilates Stretch & Strengthen for Kids (Registration required) | \$15 | \$150 | 10 Class Workshop |

PRIVATE AND SEMI-PRIVATE INSTRUCTION RATES

Private Session Cards can be used interchangeably to receive private instruction in both Yoga AND Pilates

| | Cost per class | Total | Terms |
|---|--|--------------|--|
| Single Private Session (Drop-in rate) | | \$75 | |
| 5 Private Sessions | \$70 | \$350 | Valid for 3 months |
| ☆☆☆ OUR NEW CLIENT SPECIAL ☆☆☆ | | | |
| 10 Private Sessions Card | \$55 | \$550 | Valid for 3 months, ☆☆☆ One Time Offer Only ☆☆☆ |
| 10 Private Classes Card | \$65 | \$650 | Valid for 3 months |
| 10 Duet Pilates Sessions Card | \$45 (per client) | \$450 | Valid for 3 months |
| Single Duet Session (Drop-in rate) | \$55 (per client) | | |
| 20 Pilates Tower Classes Card | \$24 | \$480 | Valid for 6 Months |
| 10 Pilates Tower Classes Card | \$25 | \$250 | Valid for 3 Months |
| Single Pilates Tower Class (Drop-in rate) | \$30 | | |
| ☆☆☆ TOWER STARTER PACKAGE ☆☆☆ An ideal option for clients without much Pilates experience in either private or group setting | \$67.50/Private \$27.50/Tower | \$400 | Includes 3 Privates & 7 Tower Classes Valid for 3 Months |
| ☆☆☆ 5 PRIVATE / 5 TOWERS PACKAGE ☆☆☆ An ideal option for clients who want to evenly blend their Pilates Tower and Private instruction | \$67.50/Private \$27.50/Tower | \$475 | Includes 5 Privates & 5 Tower Classes Valid for 3 Months |

DISCOUNTED RATES

WE OFFER SPECIAL DISCOUNTS TO STUDENTS AND THOSE OVER 65 YEARS YOUNG

| | Cost per class | Total | Terms |
|-----------------------------------|----------------|--------------|---------------------------|
| Single Mat Class (Drop-in rate) | \$15 | | |
| 10 Mat Classes Series Card | \$12.50 | \$125 | Valid for 3 months |

BEAUTIFULLY PRINTED GIFT CERTIFICATES NOW AVAILABLE ONLINE!

STUDIO POLICIES

We value all our clients and in order to make each and every class into a wonderful experience for all we ask our clients to follow the studio policies listed below:

1. **Clients will NEVER be pressured into buying class cards.** Everyone can choose for themselves whether buying a discounted class card or paying for each class individually is right for them. However, regardless of payment option chosen, each class must be paid for before the class begins. Before each and every class the clients are expected to pay for the class if they do not have a valid class card.
2. **Card Expiration** - Each Class Card expires on the Expiration Date listed. **Class cards will not be extended. Class Cards are NON-REFUNDABLE and WILL NOT BE EXTENDED**
3. **Missing a Reserved Class** - Missing or canceling a scheduled Private/Duet/Tower Pilates or Yoga class with less than 24-hr notice will result in being charged for that class.
4. **Class Cancellations** - On occasion, a class may be cancelled. Especially in bad weather please call the studio to confirm that your class is still on. The moment the class is cancelled the answering machine message will say so. You can also go online to confirm that the class is still on.