



Welcome to Passport Pilates Studios, a studio dedicated to transforming bodies, calming minds, and creating lasting relationships. Thank you for your recent *inquiry*.

Our ***Pilates Talk & Tour*** followed by our ***Pilates Reformer Orientations*** are scheduled during our “non-peak” class times.

During this small group talk, tour and orientation, we find out a bit about you, explain the history and concepts of Pilates, answer your questions, teach you the body positioning & language of Pilates, show you the mechanics of the Reformer Apparatus. . . then we'll get you moving on the Pilates Reformer.

The Pilates Talk and Tour is about 30 minutes and your orientation lasts approximately 60 minutes. Please arrive on time. We require a 24 hour cancellation notice in order to reschedule. The Pilates Reformer Orientation fee of \$35. includes two trial group classes which must be completed within 14 days of orientation. The Talk and Tour is *complimentary*.

Following orientation, you may schedule two trial group reformer classes via our on-line scheduler or call the office and we will assist you. *Your trial classes give you the true class experience and provide the opportunity to get a feel for a Pilates workout.*

Class price varies upon the quantity of classes purchased and range from \$18. to \$25. per class depending upon the type of package chosen. Please refer to our website for detailed pricing. Together we can decide which “learning package” will best fit your needs and schedule.

Once you become “addicted” to Pilates, we offer cost-effective membership options. Pilates is performed in socks and comfortable clothing....fitness or yoga apparel. Again, thank you for your interest in Passport Pilates. We look forward to meeting you and working with you to enhance your mind, body and overall well being.

Sincerely,

Kathy Jannino & The Passport Pilates Team