

Menu of Services

Welcome to Passport Pilates Studios, a studio dedicated to transforming and healing bodies, calming minds, and creating lasting relationships.

Pilates Reformer Orientation

*At Passport Pilates Studios, we provide our clients with an Orientation to The Pilates Method. Prior to the Orientation, we offer a 30 minute **complimentary** Pilates Talk-Tour. Both the Talk-Tour and Orientation are by appointment only and may be booked and purchased via our On-line Scheduler at www.passportpilates.com*

Our Pilates Talk-Tour & Orientations are scheduled during our “non-peak” class times. If these time frames do not work for your schedule, you may schedule a private training session.

The Talk-Tour lasts 30 minutes. We explain the history and concepts of Pilates, outline how our Studio works, and answer all your questions. If you choose to stay for the Orientation to follow, it lasts 60 minutes.
Please be on time for your pilates talk-tour.

During our small group Orientation, we teach you the body positioning & language of Pilates, show you the mechanics of the Reformer Apparatus and get you moving on the Pilates Reformer. The \$35. Orientation fee includes the 30 minute Talk-Tour, the 60 minute Orientation **plus** two trial group classes which must be completed within 14 days of orientation.

You may schedule your 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.

Getting Started in Group Classes

Orientation and Trial Classes completed....How then to proceed ?

During your orientation, your Pilates professional will make a recommendation on which learning package would best fit your needs. The following three learning options fulfill the prerequisite for joining in on any of our group “All Level” reformer classes.

Option One: Smart Start Introductory Offer

Begin your Pilates learning experience with **Four** Private Sessions **plus** **Two** Classical Flow Reformer Classes.
Must be used six weeks from date of purchase. \$275.

Option Two: Reformer Classical Flow Classes

Begin your Pilates learning experience with classes designed to teach you the foundations; Classical Flow Reformer Classes.
A minimum of 20 of these classes are required before entering into our All Level Class.
Must be used 15 weeks from date of purchase. \$440.

Option Three: Private, Duet or Trio Sessions

Begin your Pilates learning experience with Six Private Sessions (\$510.)
or learn with a friend, Six Duet Sessions (\$270. per person)
We recommend 6+ Classical Flow Reformer Classes to follow.

Pilates Group Classes on the Reformer

“In 10 sessions you will feel the difference, In 20 you will see the difference, In 30 you’ll have a whole new body.”

It is necessary to practice The Pilates Method several times weekly to gain its full benefits.
Once weekly participants will be limited to “Classical Flow” reformer classes and must purchase the 10 Session Class Package.

10 Sessions	For maximum benefit, we recommend at least twice per week, <i>ideally three.</i> Sessions expire 6 months from date of purchase.	25. / class
20 Sessions	For maximum benefit, we recommend at least twice per week, <i>ideally three.</i> Sessions expire 15 weeks from date of purchase.	22. / class
30 Sessions	For maximum benefit, we recommend at least twice per week, <i>ideally three.</i> Sessions expire 20 weeks from date of purchase.	20. / class

Are You Addicted ? *Choose which Pilates for Life **12** month membership meets your needs . . .*
Discounts given for Checking Account Auto Pay vs. Credit Card Auto Pay

Two Reformer Classes per week (82 classes)
135./month with *One year commitment*

Two Reformer Classes per week (98 classes)
155./month with *One year commitment*

Three Reformer Classes per week (132 classes)
195./month with *One year commitment*

Snowbird ? Summer Away ?

9 month memberships

Two Reformer Classes per week (72 classes)
165./month with 9 month commitment

Three Reformer Classes per week (108 classes)
225./month with 9 month commitment

6 month memberships

Two Reformer Classes per week (48 classes)
200./month with 6 month commitment

Three Reformer Classes per week (72 classes)
295./month with 6 month commitment

Elite 3 month membership

*Twelve Private Training Sessions **plus** 24 Group Reformer Classes \$1290. **Paid in Full***

Private & Duet Instruction

<u>Private</u>	1 Session	\$ 90.	6 Sessions	\$ 85.
<u>Duet</u>	1 Session	50. p.p. per session	6 Sessions	45. p.p. per session

*Pilates for Life Members have scheduling priority and can reserve / pre-schedule a full year in advance.
Contracts are based on 49 weeks per year due to vacation & holiday weekend closures.*

Please do not ask us to extend the expiration date of contracts.

Please read Studio Guidelines & Policies as well as our Membership Agreement prior to becoming a Pilates for Life Member.

Studio closed three weeks per year as well as specific holiday weekends.

Thanksgiving, Christmas, New Year's,
Memorial Day, July 4th & Labor Day Weekends.

