

Menu of Services

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

Experience Passport Pilates with a FREE, no-pressure 45 minute Reformer Orientation – Introductory Class . . .

Our **complimentary** Orientation-Introductory Class is offered at both Studios two to three times weekly.

This gives you a “taste” of a group class experience and provides the opportunity to get a feel for a Reformer Pilates workout. While you are moving, we will teach you some of the body positioning, language of Pilates and mechanics of the Reformer apparatus.

- You may schedule your Orientation-Introductory Class via our on-line scheduler www.passportpilates.com or email/call the office and we will assist you.
- Please arrive 10 minutes prior to fill out health form.
- Following your orientation-introductory class, your Pilates professional will make a recommendation on which learning packages would best fit your needs.

Begin your Pilates learning experience with beginner friendly classes designed to teach you the foundations . . . Passport Reformer Classes.

No commitment Class Pack Options:

“Allow yourself to be a beginner – no one starts out excellent.”

Discover if Pilates is for you, Supplement your existing workout regimen or cross-train... <u>expires</u> 8 weeks from date of purchase.	4 Class Pack	\$100.
Build a solid Pilates foundation by attending at least twice weekly... <u>expires</u> 12 weeks from date of purchase.	8 Class Pack	\$188.
Consistent attendance is KEY for excellent results... <u>expires</u> 15 weeks from date of purchase.	20 Class Pack	\$440.

To decrease the learning curve and enhance your knowledge, understanding and confidence - we highly recommend beginning or continuing after Orientation with a more in depth learning platform prior to joining group classes. Invest in the following Programs to begin your Pilates journey.

Option One:
Jump Start Program

One Private Training Session

Receive a "Recipe Sheet" with your Reformer & Spring Settings

4 Beginner friendly ♥ Passport Reformer Classes

\$165.

Option Two:

Smart Start Program

Through our Smart Start Program, we teach you the foundation of The Pilates Method, address your goals and needs then personalize/individualize your workout to ensure that you will receive the most out of each Group Class Format.

6 Private Training Sessions

Receive a Complete Recipe Booklet

\$360. (**\$150. Savings**)

Must be used six weeks from date of purchase.

This program fulfills the prerequisite for joining in on our group "All Level" reformer classes

Option Three:

Private, Duet or Trio Sessions

Begin your Pilates learning experience with Private Sessions OR learn with a friend or friends in Duet / Trio Sessions.

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 is for Life Membership Programs

Are You Addicted ? Choose which Pilates for Life Membership meets your needs . . .

12 month memberships

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*

*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 memberships.

Please read Studio Guidelines & Policies as well as our Membership Agreement prior to becoming a Pilates for Life Member.
Studios are closed three weeks per year as well as specific holiday weekends. .

Elite 3 month membership

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