

## 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 60 minute Reformer Orientation – Introductory Class . . .**

Our **complimentary** Orientation-Introductory Class is offered at both Studios two 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](http://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.

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

### **No commitment Class Pack Options:**

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.
<b>“Vive la Difference” <u>Introductory Offer</u></b> For PASSPORT Reformer and/or Circuit Classes ♥ <u>Expires</u> 12 weeks from date of purchase / For NEW or Returning Clients	20 Class Pack	\$320.

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 **personalized** Reformer & Spring Settings

4 Beginner friendly ♥ Passport Reformer Classes

**\$165.** \$25. OFF Jump Start if purchased within 3 business days of Orientation

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 Personalized 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.

<u>Private</u>	1 Session	\$ 90.	6 Sessions	\$ 85.
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<u>Duet</u>	1 Session	\$50. p.p. per session	6 Sessions	\$45. p.p. per session
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### **Pilates for Life Membership Programs**

Unique to Pilates Studios world-wide....

OUR Pilates for Life Members have scheduling priority and can reserve / pre-schedule their spot a **full year in advance.**

**Are You Addicted ? Drank the Koolaid ? Already Feel & See the Benefits ?**

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 ?*

Ask us about our 6 & 9 month memberships

Unlimited Membership

Ask us why we don't recommend them.

**Elite 3 month membership**

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