

PILATES STANCE

TRAIN WITH THE BEST

7936 W. Oakton St.
Niles, IL 60714

Call/Text (847) 461-9060

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www.pilates-stance.com

REFORMER CLASSES

Pack of 1: \$58
Pack of 4: \$223 (\$56)
Pack of 8: \$428 (\$54)
Pack of 12: \$617 (\$51)
Pack of 24: \$1,184 (\$49)
Pack of 36: \$1,701 (\$47)

PRIVATES

1 PERSON PRIVATES

Pack of 1: \$110
Pack of 4: \$433 (\$108)
Pack of 8: \$848 (\$106)
Pack of 12: \$1,247 (\$104)
Pack of 24: \$2,444 (\$102)
Pack of 36: \$3,591 (\$100)

2 PERSON DUET

Pack of 1: \$68
Pack of 4: \$265 (\$66)
Pack of 8: \$512 (\$64)
Pack of 12: \$743 (\$62)
Pack of 24: \$1,436 (\$60)
Pack of 36: \$2,079 (\$58)

MAT CLASSES

Pack of 1: \$35
Pack of 4: \$134 (\$34)
Pack of 8: \$244 (\$30)
Pack of 12: \$328 (\$27)
Pack of 24: \$580 (\$24)
Pack of 36: \$756 (\$21)

MONTHLY MEMBERSHIPS

**MIXED COMBO \$520/MO.
REG. \$780 (SAVE \$260)**

4 PRIVATES (1 per wk) reg. \$433
4 REFORMER CLASS (1 per wk) reg. \$223
4 MAT CLASSES (1 per wk) reg. \$134

**JUST GROUPS \$480/MO.
REG. \$740 (SAVE \$260)**

12 REFORMER CLASSES (2 per week)
reg. \$612
4 MAT CLASSES (1 per week)
reg. \$140

CLASS DESCRIPTIONS

1 PERSON PRIVATE

Private Pilates lessons are catered to your individual goals and needs. These are 50 minute one-on-one sessions using a variety of apparatus.

2 PERSON DUET REFORMER CLASS

Similar to Privates, Duets are catered to your needs and goals while keeping the cost economical and allowing you to share a session with a partner using a variety of apparatus.

REFORMER CLASS

Similar to Duets, these classes are limited to 4 person in an intimate group setting allowing you to get custom instruction at a fraction of the cost.

MAT CLASS

Traditional mat class using Joseph Pilates' traditional method following a specific order of exercises to strengthen your core muscles, including the abs, hips, bottom and back.

TWO SMART WAYS TO SAVE

Become a Member. Enroll in a Monthly Membership and save up to 44% off regular pricing.

OR

Buy a Package. Sign up in advance and save with one of our class packages. (You can still drop-in for a single class)

NEW CLIENT SPECIAL

Enjoy 4 discounted Private lessons for \$357. Text us or book on our website.

BOOK ONLINE

BOOKING.COJILIO.COM/PILATES-STANCE

CLASS SCHEDULE

WWW.PILATES-STANCE.COM/CLASSES

ATTENDING SESSIONS

All sessions are by appointment only
Wear leggings, a fitted top, clean socks
No perfume or Jewelry

LATE CANCELS & POLICIES

There is a 24-hour cancellation period that we require to avoid being charged for the session or class.

Packages expire 6 months from purchase. Refunds are subject to a 4% processing fee.

PILATES GUARANTEE

In 10 sessions you will
FEEL a difference,
In 20 sessions you will
SEE a difference,
In 30 sessions you will
have a *WHOLE NEW BODY*

~ Joseph Pilates

STRETCH. STRENGTH. CONTROL.