



## Studio session information

armaturepilates runs Pilates studio sessions six days a week. Sessions run for 60-70 minutes and have three or four clients in each session, with every client working on a program that is tailored to his/her body, postural needs and fitness goals. Instructors give personalized attention and supervision to each client and clients progress at their own pace. Sessions use a mix of large and small Pilates props & equipment including the reformer, trapeze table, wunda-chair, ladder barrel, foam rollers and fitness circles.

Small group studio sessions currently run at the following times:

|                   |        |                  |                  |                    |         |         |  |        |        |        |
|-------------------|--------|------------------|------------------|--------------------|---------|---------|--|--------|--------|--------|
| <b>Mondays</b>    |        |                  |                  |                    |         |         |  | 5:30pm | 6:30pm | 7:30pm |
| <b>Tuesdays</b>   |        | 8:00am           | 9:00am<br>9:15am | 10:00am<br>10:30am | 10:30am |         |  | 5:30am | 6:30pm | 7:30pm |
| <b>Wednesdays</b> | 7:00am | 8:00am           | 9:00am           | 10:15am            | 11:15am |         |  | 5:30pm | 6:30pm | 7:30pm |
| <b>Thursdays</b>  | 7:00am | 8:00am           | 9:15am           | 10:30am            | 11:30am | 12:30pm |  | 5:30pm | 6:30pm | 7:30pm |
| <b>Fridays</b>    |        | 8:00am<br>8:15am | 9:00am<br>9:15am | 10:30am            | 11:30am |         |  |        |        |        |
| <b>Saturdays</b>  |        | 8:00am           | 9:00am           | 10:00am            | 11:00am |         |  |        |        |        |
|                   |        | 8:15am           | 9:15am           | 10:30am            | 11:30am |         |  |        |        |        |

An individual assessment/consultation (1:1 session) with an instructor is required prior to commencing studio sessions. This takes 60-70 minutes. After that clients are encouraged to attend regular studio sessions once or twice weekly to experience the full benefit of studio Pilates.

Session costs (including GST)

1:1 sessions

Individual assessments and 1:1 appointments **\$70**

Five 1:1 sessions **\$330**

Small group studio sessions

- Single session **\$40**
- Five sessions **\$185** (Valid for 7 weeks)
- Ten sessions **\$350** (Valid for 13 weeks)
- Fifteen sessions **\$495** (Valid for 19 weeks)
- Twenty sessions **\$620** (Valid for 25 weeks)

*New client special – Purchase a 1:1 assessment and 10 small group studio sessions for \$400!*

Cancellations of booked sessions with less than 24 hours notice will be charged the full price of the session.