



# Pilates

**Cincinnati Sports Club**

## *\*Reformer Group Classes*

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
	6:30 AM Anne		6:30AM Anne	6:00 AM Anne		
9:00 AM Anne	9:00 AM Lynda	9:00 AM Lynda	9:00 AM Anne	9:00 AM Lynda	9:00 AM Angie	
10:00 AM Kim		10:00 AM Kim			10:00 AM Angie	
	4:30 PM Lynda	12:00 PM (B) Angie	5:00 PM Lynda			12:00 PM Jump-Emily
6:00 PM Emily		5:30 PM Emily				5:00 PM Lynda
	6:30 PM Anne	6:30 PM Angie	6:30 PM Anne		<b>(B) Beginner Class</b> <b>(Jump) Jump Board Class</b>	

\*4 Private or Introductory sessions are required to take a group class. These sessions are necessary to learn the basics of using the Allegro Reformer and to assess your fitness level before participating in group classes. To schedule your Group class, please call 527-4000.

To schedule your Private or Intro session, please call Phil Norton, 527-4001 ext 219

Free 30-minute demos available by appointment.

Private Sessions	Level I Trainer	Level II Trainer	Level III Trainer
*Introductory Package: (4 private sessions)	\$175Mem/\$210 NM	\$175Mem/\$210 NM	\$175Mem/\$210 NM
I Hour Private Session	\$40Mem/\$55NM	\$50Mem/\$65NM	\$60Mem/\$75NM
1/2 Hour Private Session	\$25Mem/\$35NM	\$30Mem/\$40NM	\$35Mem/\$45NM
Semi Private (2+)	\$25Mem/\$35NM	\$30Mem/\$40NM	\$35Mem/\$45NM
<b>Group Classes</b>	\$22 Members / \$30 Non-Members		

\*Introductory Packages for new clients only  
**24 hour notice required to cancel a scheduled class or  
 your account/credit card will be charged!**

