



**Pilates Reformer Class Schedule**  
**Fran Ross YMCA**  
**19333 Quesada Ave.**  
**Port Charlotte, Florida 33948**  
**Tel: 941.629.9622**



**SUMMER Schedule 2012**

\*Receive a free Introductory to Reformer

Times	Mon	Tue	Wed	Thurs	Fri	Sat
<b>A.M.</b>						
8:15-9:15	Intro-to-Reformer & \$ Total Body Conditioning w/Tracy		Intro-to-Reformer & \$ Total Body Conditioning w/Ethie		Intro-to-Reformer & \$ Total Body Conditioning w/Ethie	
9:30:10:30						Intro-to-Reformer & \$ Total Body Conditioning w/Ethie
4:15-5:15		Intro-to-Reformer & \$ Total Body Conditioning w/Ethie		Intro-to-Reformer & \$ Total Body Conditioning w/Ethie		
<b>P.M.</b>						
6:05-7:05	Intro-to-Reformer & \$ Total Body Conditioning w/Ethie		Intro-to-Reformer & \$ Total Body Conditioning w/Ethie			

**Reformer Group Sessions:**

Monthly class fees: Classes are \$10/class for members, \$15 for non-members. Classes are booked on a MONTHLY basis. You decide the classes that you want to book for the month, and pay in advance for those classes. **Drop in Fees:**

Without a prior booked appointment, classes are \$16/class for members, \$21 for non-members. Any class with an available Reformer is open for drop ins on the day of class. Check with the Welcome center for availability. **Important to know:**

Class size limited to 5 participants/ 3 minimum per class

**A 12-HR CANCELLATION NOTICE IS REQUIRED OTHERWISE YOU WILL BE CHARGED FOR YOUR MISSED APPOINTMENT.**

**Personal Training Sessions:**

**Reformer Members:**

Private Session	\$45
Package of 3 sessions	\$120 Save \$15
Package of 5 sessions	\$200 Save \$25
Package of 8 sessions	\$320 Save \$80

**Reformer Non-Members:**

Private Session	\$55
Package of 3 sessions	\$145 Save \$20
Package of 5 sessions	\$225 Save \$50
Package of 8 sessions	\$360 Save \$80



\* Private Sessions are available by appointment only.



**“ In ten sessions you’ll feel a difference, in twenty you’ll see a difference and in thirty you’ll have a whole new body”**

~**Joseph Pilates**