



Pilates Reformer Class Schedule
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Winter Schedule 2011 * receive a One time free Introductory to Reformer

Times	Mon	Tue	Wed	Thurs	Fri	Sat
A.M.						
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/Tracy	
9:30:10:30			Intro-to-Reformer & \$ Total Body Conditioning w/Ethie			Intro-to-Reformer & \$ Total Body Conditioning w/Ethie
11:30-12:30 Sign-up at the Welcome Center			Intro-to-Reformer & \$ Total Body Conditioning w/Tracy			
P.M.						
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