



Pilates Reformer

PRIVATE SERVICE 60 min	PRICE PER SESSION	PRICE PER MONTH	EXPIRATION
3 month commitment (60min)			
1 time per week	\$70.00	\$280.00	60 days
2 times per week	\$70.00	\$560.00	60 days
3 times per week	\$70.00	\$840.00	60 days

PRIVATE SERVICE 30 min	PRICE PER SESSION	PRICE PER MONTH	EXPIRATION
3 month commitment (30min)			
1 time per week	\$50.00	\$200.00	60 days
2 times per week	\$50.00	\$400.00	60 days
3 times per week	\$50.00	\$600.00	60 days

Ala Carte:

1 session (30min)	\$55.00	1 month
1 session (60min)	\$75.00	1 month
12 sessions (60min)	\$70.00 (\$840.00)	3 months

Intro to Pilates Special**
 \$135 (3 sessions @ 30 min) / \$240 (4 sessions @ 60 min)**

GROUP PILATES	PRICE PER SESSION	EXPIRATION
Drop in 1 session	\$25	1 month
Pilates Group monthly / 45 min*	\$150*	1 month
Pilates Group monthly / 55 min*	\$170*	1 month

**Limit to 1 time purchase only

For any additional information or questions please contact Irene at 530.673.6900 x103 or irene@ycrc.com

Please see reverse side for Pilates Group schedule

825 Jones Rd - Yuba City, CA - 530.673.6900 - ycrc.com



Group Pilates Class Schedule

Must do an intake session to be entered into group classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
6:00 AM TO 7:00AM MAT / TOWER / CHAIR L2-3 WITH IRENE	6:00 AM TO 7:00AM FULL MAT / TOWER / CHAIR L3 WITH IRENE	6:00AM TO 7:00AM REFORMER L2-3 WITH IRENE	6:00AM TO 7:00AM FULL REFORMER L3 WITH IRENE	
	7:00 AM TO 8:00AM MAT / TOWER / CHAIR L 2-3 WITH IRENE		7:00 AM TO 8:00AM FULL REFORMER L 2-3 WITH IRENE	
10:30AM TO 11:15AM FULL *SENIOR REFORMER WITH LETI		10:30AM TO 11:15AM FULL *SENIOR REFORMER WITH LETI		10:15AM TO 11:00AM FREE PILATES DEMO MUST RSVP TO JOIN
5:30PM TO 6:30PM TOWER / CHAIR L2-3 WITH JAS		5:30PM TO 6:30PM REFORMER L2-3 WITH JAS		

Levels:

Introduction to Pilates will take you through the basic exercises and get you acquainted with the equipment. This is a slower paced class which will help to work on form and familiarity with the exercises used.

Level 1 focuses on learning proper body mechanics in foundational Pilates exercises, how to use the muscles of the core to support and stabilize the spine, and how to increase mobility and function in the hips, legs, and shoulders.

Level 1-2 includes the basic Pilates exercises plus their progressions, as well as an introduction to intermediate exercises. Class flows at a comfortable pace and will challenge your balance, flexibility, and core strength while toning and stretching the entire body.

Level 2 features intermediate level exercise progressions. Class pace is moderate and introduces creative sequences that combine traditional and contemporary exercises into choreography meant to challenge and develop focus and control.

Level 2-3 classes include intermediate and advanced level exercise progressions, choreography, and transitions. This full-body workout flows at a moderate to fast pace through uniquely designed strengthening moves and creative and effective stretches to tone and elongate muscles.

Level 3 is an invigorating fusion of advanced exercises creating a powerful, high-intensity class designed to build power and strength. Movement is faster-paced and exercises are designed to safely push the body to fatigue.

Revolving billing continues month to month after initial commitment.

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