



Pilates Reformer

| PRIVATE SERVICE 60 min | PRICE PER SESSION | PRICE PER MONTH | EXPIRATION |
|-----------------------------------|-------------------|-----------------|------------|
| 3 month commitment (60min) | | | |
| 1 time per week | \$65.00 | \$260.00 | 60 days |
| 2 times per week | \$65.00 | \$520.00 | 60 days |
| 3 times per week | \$65.00 | \$780.00 | 60 days |

| PRIVATE SERVICE 30 min | PRICE PER SESSION | PRICE PER MONTH | EXPIRATION |
|-----------------------------------|-------------------|-----------------|------------|
| 3 month commitment (30min) | | | |
| 1 time per week | \$45.00 | \$180.00 | 60 days |
| 2 times per week | \$45.00 | \$360.00 | 60 days |
| 3 times per week | \$45.00 | \$540.00 | 60 days |

Ala Carte: (no 30 min ala carte sessions)

| | | |
|---------------------|--------------------|----------|
| 1 session (30min) | \$50.00 | 1 month |
| 1 session (60min) | \$70.00 | 1 month |
| 12 sessions (60min) | \$65.00 (\$780.00) | 3 months |

Intro to Pilates Special**
 \$129 (3 sess. @ 30 min) / \$229 (4 sess. @ 60 min)**

| GROUP PILATES | PRICE PER SESSION | EXPIRATION |
|---------------------------------|-------------------|------------|
| Drop in 1 session | \$25 | 1 month |
| Pilates Group monthly / 45 min* | \$130* | 1 month |
| Pilates Group monthly / 55 min* | \$150* | 1 month |

**Limit to 1 time purchase only

For any additional information or questions please contact Irene at 530.673.6900 x281 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 TOWER / CHAIR L1-2 FULL WITH IRENE | 6:00 AM TO 7:00AM TOWER / CHAIR L3 FULL WITH IRENE | 6:00AM TO 7:00AM REFORMER L2-3 FULL WITH IRENE | 6:00AM TO 7:00AM REFORMER L3 FULL WITH IRENE | |
| | 7:00 AM TO 8:00AM TOWER / CHAIR L 2-3 FULL WITH IRENE | | 7:00 AM TO 8:00AM REFORMER L 2-3 FULL WITH IRENE | |
| 10:30AM TO 11:15AM *SENIOR REFORMER WITH LETI | 10:00AM TO 11:00AM REFORMER L 1-2 WITH IRENE | 10:30AM TO 11:15AM *SENIOR REFORMER WITH LETI | 10:00AM TO 11:00AM TOWER / CHAIR L 1-2 WITH IRENE | |
| 5:00PM TO 6:00PM TOWER / CHAIR L1-2 NEW WITH JAS | | 5:00PM TO 6:00PM REFORMER L1-2 NEW WITH JAS | | 12:00PM TO 1:00PM FREE PILATES DEMO MUST RSVP TO JOIN |
| 6:00PM TO 7:00PM TOWER / CHAIR L2-3 FULL WITH JAS | | 6:00PM TO 7:00PM REFORMER L2-3 FULL 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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