

## Fees for Private Sessions & Group Classes

**All new students must take a private session with a fully certified instructor for evaluation and postural analysis before enrolling in first session, to be scheduled with our receptionist.**

**Pay Online for all Private and Group Classes!**

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| <p><b>Private Instruction:</b></p> <p>Single session: \$65<br/>         5 for \$270 (\$54/session)<br/>         10 for \$520 (\$52/session)<br/>         20 for \$1,000 (\$50/session)</p>  | <p><b>Semi-private (two students with one instructor):</b></p> <p>Single session: \$35 per person<br/>         5 for \$170/person (\$34/session/person)<br/>         10 for \$320/person (\$32/session/person)<br/>         20 for \$600/person (\$30/session/person)</p> |
| <p><b>Private sessions with apprentice instructors (supervised by certified instructor):</b></p> <p>5 private sessions over 6 weeks: \$125<br/>         10 private sessions over 11 weeks: \$230</p>                              | <p><b>Injury Consult with Melanie Byford-Young, BHSc:</b></p> <p>Single initial session to address injuries and conditions (75 mins): \$150<br/>         Single hour: \$100<br/>         5 private sessions: \$375</p>  |
| <p><b>Group Reformer Class, Reformer Plus Class OR Ball/BOSU/Chair Class :</b></p> <p>Single class: \$25<br/>         5 for \$115 (\$23/class)<br/>         10 for \$210 (\$21/class)<br/>         20 for \$380 (\$19/class)</p>  | <p><b>Group V2 Max Class (maximum 4 students per class):</b></p> <p>Single class: \$30<br/>         5 for \$130 (\$26/class)<br/>         10 for \$240 (\$24/class)<br/>         20 for \$440 (\$22/classes)</p>  |
| <p><b>Group Mat Pilates (10 students max) AND Yoga Classes (16 students max)</b></p> <p>Single class: \$17<br/>         5 for \$70 (\$14/class)<br/>         10 for \$120 (\$12/class)<br/>         20 for \$200 (\$10/class)</p> | <p><b>Combination Mat and Reformer Class Package:</b></p> <p>5 Mat + 5 Reformer classes: \$165<br/>         average of \$12/mat and \$21/reformer)</p>  |
| <p><b>Fundamentals Packages*: (Maximum of 5 students per class)</b></p> <p>10 reformer/mat classes: \$150<br/>         This package does not require a private session and is good for 35 days.</p>                               | <p><b>Pilates for those with Parkinson's (packages only):</b></p> <p>10 mat classes: \$100<br/>         10 reformer classes: \$150</p>  |



[www.PacificNWPilates.com](http://www.PacificNWPilates.com)

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## Introductory Specials

Pacific NW Pilates has several discounted options to help new students get started quickly. New students can choose one of the following packages (one time only).

**Private Intro Special: \$300** – \$35 savings over other package options. Includes one initial private evaluation session and five follow-up private sessions with a fully certified instructor.

**Apprentice Intro Special: \$165** – \$25 savings over other package options. Includes one initial private evaluation session with a fully certified instructor and 5 private sessions with a trained apprentice under the supervision of a certified instructor. For schedule and information, see Private Session Discounts at [PacificNWPilates.com](http://PacificNWPilates.com).

**Group Reformer Intro Special: \$145** – \$35 savings over other package options. Includes one initial private evaluation session and five group reformer classes – all with fully certified instructors. Schedule your intro private session with our receptionist and see our group class schedule at [PacificNWPilates.com](http://PacificNWPilates.com) to find out when reformer classes meet.

**Group Mat Intro Special: \$100** – \$35 savings over other package options. Includes one initial private evaluation session and five group mat classes – all with fully certified instructors. Schedule your intro private session with our receptionist and see our **group class schedule** at [PacificNWPilates.com](http://PacificNWPilates.com) to find out when mat classes meet.

**The Fundamentals Classes** are a great way to get started too. Speak with your instructor to find out if this is a good option for you!

**Ask for a copy of our Goals and Policies or see them online at  
[www.pacificNWPilates.com](http://www.pacificNWPilates.com)**

## Goals & Policies – please read!

- To better evaluate your needs and help develop your program, we require ALL new students at Pacific NW Pilates to begin with one private session (taught by a fully certified instructor).
- **New students must pay a \$65 deposit to sign up for an initial private evaluation session.** This fee can be used to pay for the first lesson at the single private rate OR may be used towards payment of one of our introductory specials for new students. To apply the \$65 to an introductory special, that special must be purchased on or before the day of the initial private session.
- Your initial session will include a postural analysis and an introduction to the basics of STOTT PILATES. This will help you and your instructor determine what is best for you. Your instructor may recommend that you continue with private session or join a group, depending upon your fitness level, goals and abilities.
- **All classes and private sessions are by appointment only.** All classes and sessions are one-hour long unless otherwise noted on the schedule. Students may book as many pre-paid classes or sessions as they want.
- **All packages expire nine months from the date of purchase** except for the apprentice classes which expire in six or eleven weeks (depending upon the package) and the Fundamentals package which expires in 35 days.
- The classes taught by trained apprentices (under supervision of a certified instructor) meet at specific weekly times. The 5-pack package expires within 6 weeks and the 10 pack expires within 11 weeks.
- In the event that one of the participants in a semi-private class is unable to attend, the class may be upgraded to a private class for an additional \$20.00.
- If you are practicing pilates before pregnancy, you can safely continue through your pregnancy with permission from your doctor.
- **Wear comfortable exercise clothes** but avoid oversized tops so your instructor can better observe your alignment. Wearing socks is fine, but students may not wear shoes in the studio.
- Pilates is a great for everyone! **Gift certificates are available.**
- Many people are sensitive to fragrances, so please refrain from using perfumes before your come to the studio.
- Cell phones should be turned off and supervised children must remain in the lobby.
- Our instructors are highly qualified fitness professionals. To benefit from different teaching styles, we recommend training with more than one instructor.
- The exercise methods taught as Pacific NW Pilates may be done daily. We recommend classes or sessions two to three times per week to get started on a fitness program.
- Our studio policies are developed with you in mind!

## Cancellation & Rescheduling Policies

**24-hour advance notice is required to change or cancel an appointment without charge.** All appointments may be cancelled by leaving a phone message, sending an email to [info@pacificnwpilates.com](mailto:info@pacificnwpilates.com) or in person at the studio. The time of your call or email will be noted. Both parties in a scheduled semi-private session are responsible for canceling their appointment with 24 hours.

**All pre-paid private sessions are fully transferable, with 24-hour notice, but are not refundable.** You may apply the price of a pre-paid session towards another class or session or you may allow a friend or family member to use your pre-paid session (the first session for a new student will be used for evaluation).

**Fundamentals classes may be canceled 12 hours prior to a class if there is no one registered for the class at that time.**

**In the event an instructor has to cancel a class,** she will make every attempt to cancel with at least 24 hour notice. Students that wish to attend a class should sign-up in advance; this enables the instructor to know you wish to attend and to contact you for any reason. Pacific NW Pilates reserves the right to cancel any class due to an emergency.