

## Pilates Essence Studio

612 S. Tejon St.  
Colorado Springs, CO 80903

**719.575.0585**

### 2007 Class Rates and Schedule

#### **Introductory Pilates Package: \$200**

Includes evaluation and 3 private sessions. Required for all clients before entering group classes to learn fundamentals and principles of Pilates.

**Mat Work (M) / Yoga Classes (Y)**  
Monthly Classes \$10/Class

**Reformer Classes (R)**  
Monthly Classes \$20/Class

**Private Session:**  
Single Session \$60  
11 Sessions \$600

All classes are 1 hour in length and run month to month.

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#### **Weekly schedule as follows:**

**MON:** 8:15am (R), 9:15am (R)  
4:15pm (BEG R), 5:15pm (M)

**TUES:** 7:15am (M), 8:15am (R)

**WED:** 8:15am (R), 9:30 am(M)  
4:15pm (R), 5:15pm (M)

**THURS:** 7:15am (M), 8:15am (Y)  
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**FRI:** 8:15am (R)

**Call ahead for reservations**

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