



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL TOGETHER BETTER

Pilates Reformer Personal Training

- **Reformer**—55 minutes—Increase body/core strength, mobility, and balance via exercises on the Pilates reformer. For all fitness levels/ages.
- **Cardio Tramp**—25 minutes—A mini tramp attached to the reformer will create a cardio workout (must have a min. of 2 participants). It's quick. It's fast. It's a great workout!
- **Athletic Combo**—55 minutes—The cardio tramp Algona with more demanding, athletic exercises on the reformer will take your workout to the next level. New exercises, new techniques. Experience on the reformer required.
- **Reformer Combo**—1/2 of sessions with the reformer and 1/2 of sessions as athletic combo.

I understand that 24 hour notice is required to cancel an appointment and not be charged. _____
Initial here

PRICING & PACKAGES:

Reformer	Cardio Tramp	Athletic Combo	Reformer Combo
6 sessions—\$96.00	6 sessions—\$60.00	6 sessions—\$114.00	6 sessions—\$105.00
12 sessions—\$168.00	Tuesdays 5:00 & 5:35 pm	12 sessions—\$204.00	12 sessions—\$186.00
18 sessions—\$243.00	Fridays 9:30 & 10:05 am	18 sessions—\$279.00	18 sessions—\$261.00

Participants Name: _____ Phone: _____ Date: _____

Type of Package: Reformer Cardio Tramp Athletic Combo Reformer Combo Email: _____

Office Use only : Date _____ Amt: _____ Pymt Type: _____ Staff _____