



practice

pilates • yoga • strength • for life



doing, moving, learning, teaching, acting
writing, loving, giving, working, being
listening, seeing, growing, working, seeing
writing, loving, giving, working, being
living, caring, growing, working, seeing
communicating, listening, networking
weaving, stretching, meeting, cooking
creating, searching, exploring, making
do
visit: www.practicepilatesdayton.com
writing, loving, giving, working, being
living, caring, growing, working, seeing

2013 rates

call: 937.432.9399

New Journey Package \$99 Our New Journey Package provides 3 private sessions and one Pilates Mat class for \$99.00. It's a great way to meet our trainers, get a feel for Pilates and discover if we're right for you.

House Account The house account is like a checking account for the studio. When you make a \$500 deposit to your house account, you automatically qualify for the lowest rate for any type of appointment or group class. A great option for people who want to mix and match appointments and classes!

practice™ Sessions by Appointment
(Pilates, Yoga, TRX, Strength Training with a Practice Instructor)

Privates

Session(s)	Cost Per Session	Total
Single	\$60	\$60
Four.....	\$55	\$220
Eight	\$50	\$400
Sixteen.....	\$45	\$720

Duets (price per person)

Session(s)	Cost Per Session	Total
Single	\$50	\$50
Four.....	\$45	\$180
Eight	\$40	\$320
Sixteen.....	\$35	\$560

Trios or Quartets (price per person)

Session(s)	Cost Per Session	Total
Single	\$40	\$40
Four.....	\$35	\$140
Eight	\$30	\$240
Sixteen.....	\$25	\$400

Half Sessions

Session(s)	Cost Per Session	Total
Single	\$32	\$32
Four.....	\$30	\$120
Eight	\$27	\$216
Sixteen.....	\$25	\$400

Half Session Duets (price per person)

Session(s)	Cost Per Session	Total
Single	\$30	\$30
Four.....	\$28	\$112
Eight	\$26	\$208
Sixteen.....	\$24	\$384

Senior Instructor Rates

Session(s)	Cost Per Session	
Private	\$65	To more easily facilitate substitute
Duet	\$50	instruction between instructors &
Trio.....	\$35	senior instructors: Clients working
Quartet	\$35	regularly with senior instructors will
Half Session.....	\$38	maintain a house account; Group
Half Session Duet	\$35	classes taught by a senior instructor
		will be taught at regular class rates.

practice™ Classes

Group & Reformer Equipment*

Class(es)	Cost Per Session	Total
Single	\$32.....	\$32
Four.....	\$29	\$116
Eight	\$26	\$208
Sixteen.....	\$24	\$384

Pilates Matwork & Yoga

Class(es)	Cost Per Session	Total
Single	\$19.....	\$19
Ten.....	\$15	\$150
Twenty.....	\$13.....	\$260

30 Minute TRX Suspension Training

Class(es)	Cost Per Session	Total
Single	\$26.....	\$26
Four.....	\$24	\$96
Eight	\$20	\$160
Sixteen.....	\$18	\$288

30 Minute Jumpboard Training

Class(es)	Cost Per Session	Total
Single	\$26.....	\$26
Four.....	\$24	\$96
Eight	\$20	\$160
Sixteen.....	\$18	\$288

30 Minute Piloxing

Class(es)	Cost Per Session	Total
Single	\$19.....	\$19
Ten.....	\$15	\$150
Twenty.....	\$13.....	\$260

All sales are final. Payment must be made in advance to receive discount rates. Can cellation: Please provide 24-hour notice to avoid charges. Payment: Due in full up on package purchase. We accept check, MasterCard, Visa or AMEX. Packages expire 180 days from date of purchase unless other arrangements are made. Rates are subject to change without notice.