

CLASS DESCRIPTIONS

Pilates Intro: All levels class that incorporates mat, equipment, & props into a full body introduction of the Pilates repertoire. This is a great starting point for people new to the method of Pilates & will ease you into a “hard core” workout. (55min)

Pilates Mat: All levels welcome in this traditional class that focuses on the basic Pilates principles of abdominal control, breathing, concentration, centering, precision, posture, & basic body awareness while working on the mat. (55 min)

Pilates Reformer: (Advance sign-up required!*) Classical Pilates movements on the well-known apparatus as taught by Joseph Pilates himself. Focus is on development of strength & control throughout the core while maintaining fluidity of movement (55 min)

Restorative Yoga: Soothing class that uses meditation, bolsters, blankets, & props to cradle the body in positions that open us to healing mentally, physically, & spiritually. (90min)

Rockin’ Hot Yoga: Rock out to pop music & work out in a heated (approx. 80°) yoga flow class; all levels welcome. Water necessary. (60 min)

Yoga/Pilates Intro: Build core strength, flexibility, & balance through a fusion of Pilates principles & Yoga postures (60 min)

Yoga (All levels): Vinyasa inspired class focusing on connecting the mind & body through the breath. (75 min)

Yoga Intro: Gentle introduction to flexibility and balance through established Yoga postures. Ideal for beginners and new Yoga clients to learn the vinyasas. (75 min)

*Reformer group classes require a minimum 24-hour cancellation notice. Due to the limited number of Pilates Reformers, if you fail to cancel 24 hours prior to class time, your points card will be charged the full 2 points for the class despite your absence.

RATES

Classes are purchased using a virtual point card method. Each class has a point value that will be deducted after each session. This allows you the flexibility to mix & match the classes you take without having to purchase separate class cards for each type of class. You can purchase any amount of points on your virtual card from 1 to 100; however, all points **expire six months** from date of purchase.

Total points	Cost per point
<input type="checkbox"/> 1-19 points	\$12
<input type="checkbox"/> 20-49 points	\$11
<input type="checkbox"/> 50 or more points	\$10
Ex: 15 pt card = 15 pts x \$12 = \$ 180.00	

Group classes:

Kids’ yoga = ½ point
 Pilates mat or Yoga mat = 1 point
 Pilates Equipment = 2 points

Semi-private:

Duet (2-person) session = 3 points (each)

Private:

Yoga one-on-one = 4 points
 Pilates one-on-one = 5 points



Wilmington Wellness Studio

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*“Pilates and yoga for
 everybody and any body...”*

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Full Master Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am			7:00 Pilates Reformer-Katie		7:00 Pilates Reformer-Katie		
7:30am		7:30 Pilates Reformer-Shannon		7:30 Pilates Reformer-Shannon			
8am							
8:30am			8:30 Pilates Intro-Katie		8:30 Pilates Intro-Katie		
9am		9:00 Pilates Reformer-Shannon		9:00 Pilates Reformer-Shannon			9:00 Rockin' Hot Yoga- Paula
9:30am	9:30 Pilates mat-Shannon						
10am							
10:30am		10:30 Pilates mat-Shannon		10:30 Pilates mat-Shannon			10:30 Pilates Reformer-Shannon
11am	11am Yoga Intro-Emily						
11:30am							
12 noon							
12:30pm		12:30 Yoga/Pilates Intro-Paula		12:30 Yoga/Pilates Intro-Paula			
4pm							
4:30pm			4:30 Pilates Reformer-Katie		4:30 Pilates Reformer-Katie		
5pm							
5:30pm		5:30 Pilates Intro-Shannon		5:30 Yoga Intro-Emily			
6pm	6:00 Restorative Yoga-Emily		6:00 Pilates Reformer-Katie		6:00 Pilates Reformer-Katie		
6:30pm							
7pm		7:00 Pilates Reformer-Shannon		7:00 Pilates Reformer-Shannon			
7:30pm			7:15 Yoga (All levels)-Paula		7:15 Yoga (All levels)-Paula		
8pm							