

(717) 495-4193
 www.BodyByBlissPilates.com
 Alisha@BodyByBlissPilates.com



The Velvet Mill
 Studios 60 & 65
 44 Meadow Avenue
 Stonington, CT 06378

NEW CLIENT SPECIALS

PERSONAL SESSIONS	Package Type	Description	# of Visits	% Discount	Average Price Per	Package Price (before tax)
	PRIVATE 1 Client/Instructor	3 Pack Bundle	3	30%	\$63.00	\$189.00
GROUP CLASSES	NON-APPARATUS Barre Mat	3 Pack Bundle	3	40%	\$9.60	\$28.80

PRICING SCHEUDLE

PERSONAL SESSIONS	Package Type	Description	# of Visits	% Discount	Average Price Per	Package Price (before tax)
	PRIVATE 1 Client/Instructor	Drop In	1	-	\$90.00	\$90.00
5 Pack Bundle		5	5%	\$85.50	\$427.50	
10 Pack Bundle		10	10%	\$81.00	\$810.00	
20 Pack Bundle		20	20%	\$72.00	\$1,440.00	
DUET 2 Clients/Instructor	Drop In	1	-	\$50.00	\$50.00	
	5 Pack Bundle	5	5%	\$47.50	\$237.50	
	10 Pack Bundle	10	10%	\$45.00	\$450.00	
	20 Pack Bundle	20	20%	\$40.00	\$800.00	
GROUP CLASSES	APPARATUS Intro to Apparatus Reformer Mixed Circuit	Drop In	1	-	\$25.00	\$25.00
		5 Pack Bundle	5	5%	\$23.75	\$118.75
		10 Pack Bundle	10	10%	\$22.50	\$225.00
		20 Pack Bundle	20	20%	\$20.00	\$400.00
		Monthly	Unlimited	-	-	\$280.00
	NON-APPARATUS Barre Mat	Drop In	1	-	\$16.00	\$16.00
		5 Pack Bundle	5	5%	\$15.20	\$76.00
		10 Pack Bundle	10	10%	\$14.40	\$144.00
		20 Pack Bundle	20	20%	\$12.80	\$256.00
		Monthly	Unlimited	-	-	\$180.00

PURCHASE INFORMATION

Payment for services must be paid in advance of services provided. At the time of payment, sales tax will be applied as applicable. Personal sessions & group classes can be purchased at the studio, online (www.BodyByBlissPilates.com) &/or with the MINDBODY app. Services purchased at a drop in or bundle rate (5, 10 or 20 pack) are valid for up to 3 months from the date of purchase. Services purchased at a monthly unlimited rate are valid through one month from the date of purchase. New client specials are limited to 1 per new client & may only be purchased at the time the new client's first sale is completed.

Class sizes are limited & clients are encouraged to sign up in advance. 24 hours' notice is required to cancel a reservation. Late cancellations & no-shows will be charged the full drop in session or class price, including unlimited monthly enrollments. Exceptions will be made on a case by case basis for emergencies & contagious illnesses. Services are not eligible for refunds.

(717) 495-4193
 www.BodyByBlissPilates.com
 Alisha@BodyByBlissPilates.com



The Velvet Mill
 Studios 60 & 65
 44 Meadow Avenue
 Stonington, CT 06378

WHAT IS PILATES?

Pilates is a type of fitness instruction that includes a progressive series of mat, standing & apparatus exercises centered on efficient muscle recruitment, control & range of motion. Exercises are designed to target & recruit muscles both in isolation & full body functional scenarios. Modifications are provided to ensure proper execution of form & technique for all participants & to challenge all fitness levels.

BENEFITS

- Improve muscle strength & definition (tone)
- Increase flexibility & muscle control
- Develop mindfulness & awareness
- Enhance coordination & balance
- Refine posture & alignment

IDEAL FOR

- Athletic conditioning & weight loss
- Rehabilitation & pain management
- Prenatal & postnatal training
- General health & wellness

PERSONAL SESSIONS: PRIVATE & SEMI PRIVATE

Exercise plans are unique for each client & catered to their specific fitness goals. Exercises may include all available fitness equipment in the studio as applicable. Personal sessions require advanced appointment (please call, email or visit the studio to arrange) & include 50 minutes of instruction.

SMALL GROUP CLASSES

Group class exercise plans are developed in advance & designed for the average class participant fitness goals. Modifications will be available for all clients as needed during class. Class sizes are limited from 4 to 12 clients & include 50 minutes of instruction. Class registration is available online & via the studio.

APPARATUS:

Large equipment (reformers, trapezes, spine correctors, ladder barrel & chair)

- **INTRO TO APP:** Intro to app classes are designed for clients with no or limited prior experience on apparatus.
- **REFORMER:** Reformer classes are taught entirely on the reformer machine & may include small props.
- **MIXED CIRCUIT:** Mixed circuit classes rotate exercises on all apparatus equipment, as well as small props.

NON-APPARATUS:

Small prop equipment (mats, ballet barres, bands, weights, magic circles, etc.)

- **BARRE:** Barre classes utilize the ballet barre for standing exercises, as well as small props.
- **MAT:** Mat classes include mat & standing exercises, as well as small props.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							REFORMER
9:00 AM						BARRE	MIXED CIRCUIT
10:00 AM						REFORMER	MAT
11:00 AM						INTO TO APP	BARRE
4:30 PM	REFORMER		BARRE	MAT	BARRE		
5:30 PM	BARRE		MAT	MIXED CIRCUIT	REFORMER		
6:30 PM	MAT	REFORMER	MIXED CIRCUIT	BARRE			
7:30 PM		BARRE		REFORMER			

The class schedule is subject to change. Please visit the website to view the current schedule & forecast for upcoming cancellations.