Effective 9/18/2017

**Getting Started**

We recommend an Intro Assessment and at least 2 private Pilates lessons prior to joining a Pilates equipment class. These sessions will give you the knowledge of basic Pilates movements and body postures that will allow you to get the most out of each class you attend.

**Reserving Space in a Class**

-NEW! AND FABULOUSLY EASY FOR YOU!

You can now register online using the MINDBODY APP! And of course, you can call the front desk at 314.569.9400, or stop by to sign up for the classes you plan to attend.

- Use a class card to receive discounted rates on each class.

CANCELLATION POLICY: There is a 24 hour cancellation window. Cancellations made after that time will be charged the full class rate.

**Group Class Schedule**

|  |  |  |
| --- | --- | --- |
| **Monday** |  |  |
| 9 AM | Reformer- Open | Karen  Proper |
| 10 AM | Tower - Open | Karen  Prechtl |
| 11 AM | All Equipment- Open | Inessa |
| 6 PM | All Equipment – Open | Rebecca |
| **Tuesday** |  |  |
| 9 AM | All Equipment- Open | Martha |
| 4 PM | All Equipment – Open | Tami |
| 6 PM | All Equipment – Open | Melissa |
| **Wednesday** |  |  |
| 9 AM | Reformer - Open | Rebecca |
| 10 AM | All Equipment- Open | Tami |
| 5:30 PM | All Equipment – Open | Karen  Proper |
| **Thursday** |  |  |
| 9 AM | Reformer- Open | Karen  Prechtl |
| 4 PM | All Equipment – Open | Tami |
| 6 PM | All Equipment – Open | Rebecca |
| **Friday** |  |  |
| 9 AM | All Equipment – Open | Tami |
| 10 AM | Reformer- Open | Karen  Proper |
| **Saturday** |  |  |
| 9 AM | All Equipment- Open | Tami |
| 10 AM | All Equipment – Open | Tami |
| **Sunday** |  |  |
| 9 AM | All Equipment – Open | Rebecca |
| **INDICATES A NEW CLASS TIME!** | | |

**Single Equipment Class $35**

**5 Equipment Class Card $175**

**10 Equipment Class Card $300**

**(Lowers price per class to $30)**

**20 Equipment Class Card $560**

**(Lowers price per class to $28)**

**30 Equipment Class Card $780**

**(Lowers price per class to $26)**



**The Pilates & Yoga Center of Ladue**

9825 Clayton Road | Ladue, MO | 63124

314.569.9400

www.pilatescenterstl.com