

Pilates By Zen

The Pilates body is strong and streamlined in appearance. Workouts can be customized to suit everyone from rehabilitation patients to the most advanced athletes. With Pilates, you will see your results and keep coming back for more.

Discover how a personalized Pilates program can help you meet your fitness goals, improve your posture, and enhance your performance in any sport. *Suzen St. Dalke* is our Pilates By Zen instructor.

<u>Private Pilates By Zen Sessions</u>		
Introductory Package	\$165	\$55
5 Session Package	\$300	\$60
10 Session Package	\$500	\$50
Individual Session	\$65	\$65
Individual Mat Session	\$18	\$18
Buy 10 Mat Classes for \$150 and get one class FREE!!!		

<u>Semi-Private Pilates By Zen Sessions</u> (Double)			
5 Session Package	5 Semi-Private Sessions	\$200	\$40
10 Session Package	10 Semi-Private Sessions	\$350	\$35
Semi-Private Session	1 Semi-Private Session	\$45	\$45

<u>Dates and Times That Mat Classes Are Held By Suzen St. Dalke</u>	
Wednesday	6:00 p.m. to 7:00 p.m.
Friday	7:00 a.m. to 8:00 a.m.
Saturday	9:00 a.m. to 10:00 a.m.