

# Pilates by the bay

## New Clients: A Special Offer to Get Started

### PRIVATE SESSION INTRO PACKAGE (Required)

4 Private Sessions, 55 min: \$195 (SAVE \$85)

### PRIVATE SESSION SAMPLE

1 Private Session, 40 min: \$35 (SAVE \$20)

*For clients uncertain about purchasing the Private Session Intro Package, you can try a sample session first. The Intro Package will still be required before joining semi-private classes.*



### Frequently Asked Question: Why do I have to take private sessions to start?

**Answer:** If you have not studied pilates at another professional studio, you have a lot of technique to learn at the beginning! Learning pilates goes far beyond following the choreography...it involves anatomy, alignment and responding to subtle cues to correct your body *while* performing the movements. Private sessions allow us a little one-on-one time to teach you these basics before putting you with other students. It also allows us to assess how you move and learn what customized exercises or cues we can give you during your sessions to help you most. If you **really** want to learn **true** pilates, this is how it's done!

*These offers are available for local residents. New clients who are visiting the area and our studio can start with our Visitor Intro Package - 2 Private Sessions for \$115 (SAVE \$25)*