

Body Awareness Package Price List

404-252-7550

www.BodyAwarenessStudio.com

Package Type	Price	Average Per Session
<u>Pilates or Core Align Private</u>		
1 Session (pay as you go)	\$85	\$85
5 Session Series	\$385	\$77
10 Session Series	\$730	\$73
<u>Pilates Semi-Private</u>		
1 Session (pay as you go)	\$50	\$50
5 Session Series	\$235	\$47
10 Session Series	\$450	\$45
<u>Group Reformer Classes</u>		
1 Class (pay as you go)	\$38	\$38
10 Classes	\$345	\$34.50
<u>Combination Packages</u>		
5 Private Sessions & 5 Semi-Private Sessions	\$590	\$73 Private & \$45 Semi-Private
5 Private Sessions & 5 Group Reformer Classes	\$537.50	\$73 Private & \$34.50 Group Reformer
5 Semi-Private Sessions & 5 Group Reformer Classes	\$397.50	\$45 Semi-Private & \$34.50 Group Reformer
<u>Specialty Privates (w/ Leslie Clayton)</u>		
Specialty Pilates Private Session	\$125	\$125
Breath & Energy Exercise Private Session	\$125	\$125
Mashing Private Session	\$125	\$125
Resistance Stretching Private Session	\$150	\$150
<u>Wellness Report</u>		
Health Report - Starter	\$175	\$175
Full Wellness Report	\$250	\$250

Aligning the Body

Educating the Mind

Opening the Heart

Activating Spirit

Body Awareness Services

PILATES PRIVATE, SEMI-PRIVATE SESSIONS (\$85 - \$45)

The Pilates Method is known for creating balanced muscle development with excellent breathing and postural habits. The unique spring tension strengthens the core muscles as well as increases the length and flexibility of the entire body. Private Pilates sessions are the best way to lay the foundation for a successful Pilates practice. Private and Semi-Private sessions are used to personalize your Pilates experience for your individual needs.

GROUP REFORMER CLASSES (\$38 - \$34.50)

Group Reformer classes are a fun way to step up to the next level of your Pilates practice. The Reformer is the most popular and versatile apparatus used in the method. Body Awareness offers multiple class levels including Pilates 101, Pilates Classics, Renew 101, Renew Advanced, Sculpt 55 and The Edge. These classes are limited to 4 participants and teachers pay close attention to correct form, quality of movement and flow. Ask us how to get your group reformer "Check List" and let us help you find the right group class for you.

MAT PILATES (\$85 - \$34.50)

As you study Pilates, you will discover how Mr. Pilates created the apparatus with springs to support and enhance his exercise method. Pilates Mat exercises are integrated into private, semi-private and group reformer sessions at the Body Awareness Studio. Mat Pilates is the foundation of a pure Pilates experience. We encourage you to learn the floor exercises and create a home fitness ritual that will add energy, circulation, core strength, flexibility and ALIVENESS to your Life every day!

CORE ALIGN PRIVATE SESSIONS (\$85 - \$73)

The Core Align improves posture, balance and functional movement unlike anything else! Clients at all fitness levels will feel the difference after one session. The CoreAlign method stimulates core stability muscles to fire in perfect timing while performing challenging exercises, deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle.

SPECIALTY PRIVATE SESSIONS w/ LESLIE CLAYTON (\$150 - \$125)

Specialty Pilates Private –Fine tune your Pilates practice with expert precision. Discover where your weakest links are and reprogram your neuromuscular connections for strength and balance. Our experts have studied Pilates for over 20 years each along with many forms of integrative wellness. NOTE: These sessions may include: Pilates, mashing, resistance stretching, breath and energy exercise

Breath & Energy Exercise Private – Breath & Energy Exercise Private sessions utilize a unique blend of breath, movement and conversation to rebalance the nervous system and activate your brain for more health and happiness.

Mashing- This unique body work will release, open and rehydrate the body's fascia. It helps the body recover after working out and helps bring blood flow to areas after long periods of inactivity. People feel looser and more relaxed after mashing.

Resistance Stretching – Discover freedom and empowerment while stretching the fascia system in your body. When you stretch your fascia, you release toxic build up from emotional, mental and physical trauma. Reconnect with your body's intelligence with safe, effective strength and stretching techniques. Resistance stretching offers immediate, cumulative and permanent increases in flexibility. It takes the pain out of stretching and protects you from over-stretching or stretching incorrectly which can cause injury.

PILATES TEACHER TRAINING

The Balanced Body at Body Awareness Pilates Teacher Training prepares you to be a confident and competent Pilates instructor. This course covers the traditional exercises developed by Joseph H. Pilates as well as therapeutic applications based on current research in sports medicine and biomechanics. Please visit our website or contact us for details.