

Pilates

AT GREENWOOD

2018 Price Sheet

Updated July 1, 2018

MEMBER/NON-MEMBER PRICING Non-Members must purchase a GATC guest pass to enjoy the club beyond the Pilates Studio.

	PRIMER	STANDARD	SELECT	PREMIER	ELITE
Single	\$65/\$75	\$75/\$85	\$85/\$95	\$95/\$105	\$105/\$115
Duo	\$50/\$60	\$55/\$65	\$60/\$70	\$65/\$75	\$70/\$80
Trio	\$45/\$55	\$50/\$60	\$55/\$65	\$60/\$70	\$65/\$75
Quad	\$40/\$50	\$45/\$55	\$50/\$60	\$55/\$65	\$60/\$70

INTRO PACK **Save 10%** (New Clients to Pilates and Roling)

5-Pack	10% Off <small>Single Rate</small>	Expires six months from date of purchase.
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EQUIPMENT CLASS RATES **Save 20% with class packages** (Member/Non-member)

Single Session	\$35/\$40	Single classes, single-private and semi-private sessions expire one year from date of purchase.
Power 8-Pack	\$240/\$280	Expires six months from date of purchase.

ALIGNMENT ROOM PRICING (Member/Non-member)

LOCATED WITHIN OUR MAIN STUDIO.

Our alignment services pair well with Pilates to restore the body and address imbalances of the musculo-skeletal system.

Rolfing® 75-Minute Session RolfingKids 45-Minute Session 17 yrs and under	\$145/\$155 \$75/\$85	ROLFING® is holistic system of soft tissue manipulation and movement to align the body. <i>Specialist: Justin Farrell, Certified Rolfer®.</i> Single session and 5-pack expires one year from date of purchase.
M.A.T. (Muscle Activation) 60-Minute Session	\$125	MAT (Muscle Activation Method) assesses and corrects muscular imbalances, joint instability and limited range of motion. Designed to balance the muscular system and jump start muscle function. For all ages. <i>Specialist: Miquel Ramirez.</i> Single session expires one year from date of purchase.
CranioSacral 60-Minute Session	\$95/\$105	CRANIOSACRAL therapy facilitates the body to self-correct after illness, injury or emotional trauma; such as those suffering from car accidents, headaches, migraines, concussions, and PTSD. Single session expires one year from date of purchase.

ALL SESSIONS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Non-members/guests are welcome to our studio with an additional \$10 fee for private training and \$5 for classes. Must purchase a GATC guest pass to attend mat classes as a guest and enjoy the club beyond the Pilates studio. Mat classes are complimentary with club membership

REGISTER Greenwood App, 303.770.2582 x274 or x360
GreenwoodATC.com/Pilates

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**GREENWOOD ATHLETIC
AND TENNIS CLUB**