



95 Almshouse Road, Ste. 307
Richboro, PA 18954

215.322.2828
www.ISOFITT.com

::: Price List :::

TO GET STARTED

For your first visit, please download the registration form and be sure to bring it to the studio at least 3 days prior to start of class. We are open by appointment only and hold office hours Tuesdays 9 to 11am, and Thursdays 6:30 to 7:30pm.

Booking your session or class is easy. Simply go to our online web scheduler at www.schedulemyclass.com, register, and schedule your preferred times in our book.

PRIVATE ONE-TO-ONE SESSIONS: By Appointment

It is highly encouraged you start your Pilates journey here with the undivided attention of your teacher. Learn the Pilates language and movement principles and handling of various apparatus.

SMALL GROUP CLASSES

Small Group Classes are essentially semi-privates at an affordable rate. Because of the small class size, advanced online booking is absolutely necessary to reserve your spot. We do not take telephone bookings for small group classes.

REFORMER: 4 participants/50 minutes

This powerful workout uses a carriage with a moving platform that emphasizes dynamic stability skills and strengthening the "powerhouse" core musculature. A minimum of 10 private sessions is a prerequisite to ensure your knowledge of Pilates movement principles and the Pilates vocabulary used in class.

TOWER: 7 participants/50 minutes

Spring-based workout focuses on strengthening core musculature, lengthening the spine and sculpting the body. No experience required for level one class.

BARRE-BELL: 7 participants/50 minutes

A graceful cardio workout emphasizes lower body sculpting & lateral movements using the glideboard, ballet barre and kettlebell. Prior Pilates experience at the studio is recommended but not required.

EXPRESS MAT CLASS: 30 minutes

A great way to learn the fundamentals of Pilates - emphasis on matwork, spring-board and small props, as an add-on to your current Pilates apparatus regimen. Offered during lunch hour ONLY - \$12/class.

SESSION RATES

	Casual	Curious	Committed
Private Lessons	Single \$75	5-Pack \$325	8-Pack \$480
Reformer	Single \$28	8-Pack \$220	12-Pack \$264
Tower	Single \$25	8-Pack \$176	12-Pack \$240
Barre-Bell	Single \$22	8-Pack \$160	12-Pack \$216

For current rates and schedule visit WWW.SCHEDULEMYCLASS.COM

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