

## MONDAY

7AM	REFORMER	Meaghan Maxwell
8AM	TOWER	Meaghan Maxwell
10AM	MAT	Katrina Walker
11AM	TOWER	Stephanie West
12PM	MAT	Sarah Cote
1PM	BEGINNER TOWER	Sarah Cote
6PM	TOWER	Rosanne Rubino
7PM	MAT	Dani Sturtz

## TUESDAY

7AM	MAT	Meaghan Maxwell
8AM	TOWER	Kevin Mondrick
8AM	REFORMER	Flavia Zeleznik
12PM	MAT	Jordana Herman
5PM	REFORMER	Sarah Cote
6PM	TOWER	Sarah Cote
7PM	MAT	Sarah Cote

## WEDNESDAY

8AM	TOWER	Meaghan Maxwell
8AM	REFORMER	Atsko Fukada
9AM	MAT	Atsko Fukada
11AM	TOWER	Meaghan Maxwell
12PM	REFORMER	Meaghan Maxwell
12PM	ADVANCED MAT	Debi Field
1PM	TOWER	Debi Field
5PM	MAT	Atsko Fukada
5PM	REFORMER	Stephanie West
6PM	BEGINNER REFORMER	Atsko Fukada
6PM	TOWER	Stephanie West
7PM	TOWER	Atsko Fukada
7PM	MAT	Stephanie West

## THURSDAY

7AM	REFORMER	Kevin Mondrick
8AM	MAT	Flavia Zeleznik
9AM	TOWER	Kevin Mondrick
12PM	MAT	Flavia Zeleznik
1PM	TOWER	Kevin Mondrick
5PM	REFORMER	Sarah Cote
6PM	MAT	Sarah Cote
7PM	TOWER	Sarah Cote

## FRIDAY

7AM	REFORMER	Mary McInerney
7AM	TOWER	Kevin Mondrick
8AM	MAT	Meaghan Maxwell
8AM	REFORMER	Kevin Mondrick
12PM	MAT	Jordana Herman
1PM	TOWER	Jordana Herman
5:30PM	REFORMER	Atsko Fukada
6:30PM	TOWER	Atsko Fukada

## SATURDAY

9AM	BEGINNER TOWER	Meaghan Maxwell
10AM	MAT	Meaghan Maxwell
11AM	MAT	Jennifer Kalajian
11AM	REFORMER	Kevin Mondrick
11AM	TOWER	Debi Field
12PM	BEGINNER MAT	Debi Field

## SUNDAY

10AM	REFORMER	Kevin Mondrick
10AM	MAT	Atsko Fukada
11AM	TOWER	Kevin Mondrick
11AM	REFORMER	Atsko Fukada
12PM	REFORMER	Kevin Mondrick
12PM	TOWER	Atsko Fukada

### PLEASE NOTE

- You must pre-register for all Tower and Reformer classes.
- 24-hr cancellation policy.
- All beginner mat classes are 45min, all other classes & appointments are 55min.
- Teachers are subject to change without notice.
- There is a 5-min grace period to enter any class after the start time.
- If you are interested in a package of classes, please contact us at [contact@powerpilates.com](mailto:contact@powerpilates.com), 212-627-5852

\*Advanced Mat is by invitation only.

## CLASSES & PRICES

### INTRO OFFERS

All of these packages are for new clients only and may only be purchased 1x

•2 PRIVATES & 1 BEGINNER TOWER CLASS	\$180
•5 PACK BEGINNER MAT CLASSES	\$89
•5 BEGINNER TOWER CLASSES	\$125
•5 PRIVATE SESSIONS	\$425

### TOWER

\*Reservations required. Maximum 11 people

•SINGLE CLASS	\$35
•5 PACK   10 PACK   20 PACK	\$165   \$310   \$580
•MAT/TOWER COMBO - 5 MAT + 5 TOWER	\$265

### MAT

\*Group class. No reservation necessary

•SINGLE CLASS	\$22
•5 PACK   10 PACK   20 PACK	\$100   \$185   \$350

### REFORMER

\*Reservations required. Maximum 5 people

•SINGLE CLASS	\$40
•5 PACK   10 PACK   20 PACK	\$190   \$360   \$680

### APPARATUS

SEMI-PRIVATE SESSION | 3-4 people - 1 instructor

•SINGLE SESSION (per person)	\$60
•5 PACK   10 PACK   20 PACK	\$285   \$550   \$1000

PRIVATE SESSION | 1-on-1

SENIOR TEACHER	\$105
•5 PACK   10 PACK   20 PACK	\$500   \$950   \$1750
TEACHER	\$95
•5 PACK   10 PACK   20 PACK	\$450   \$850   \$1600

DUET SESSION | 2 people - 1 instructor

•SINGLE SESSION (per person)	\$65
•5 PACK   10 PACK   20 PACK	\$310   \$580   \$1100

### GENERAL STUDIO INFORMATION & POLICIES

Single classes and 5 packs expire in 1 month.

10 packs expire in 3 months

### SIGN UP & REGISTRATION

Advance registration is recommended for all Tower and Mat Classes and required for all Apparatus classes.

### CANCELLATION POLICY

All appointments require 24 hour advance cancellation notice.

### PAYMENT OPTIONS

Cash/Check/Amex/Visa/MasterCard/Discover

## CLASS DESCRIPTIONS

### MAT

From the Hundred to the Teaser, you'll be using your own body weight for resistance to help stabilize and challenge all your Powerhouse/Core muscles. Everyone from every level is invited to join our Beginner classes, so you can focus on the fundamentals of technique and form or step it up when you're ready in the intermediate class.

### TOWER/WALL UNIT (by appointment only)

The spring on the wall unit provide extra resistance to stretch and strengthen your muscles. The apparatus supports you, creating resistance that intensifies stretching and strength building. We offer beginner, intermediate, and advanced level Tower classes, some of which are blended with mat work. This challenging workout is addictive, so watch out!

### REFORMER (5 people/by appointment only)

This is an apparatus class with a maximum of 5 people. Sessions will combine the Reformer, Wunda Chair, mat & tower exercises. Everyone will workout in unison with no modifications and very limited hands on assistance from the teacher who will guide you through your workout. Clients will progress together as a group.

### SEMI-PRIVATE/DUET (2-4 people/by appointment only)

During your semi-privates and duets, you will use the Reformer, the Cadillac, and smaller apparatus. These routines will truly reform your body, stretching and strengthening you from top to bottom, front to back, and side to side. Our introductory package with 2 private sessions and 1 beginner tower class is a perfect way to get you ready for these sessions.



### POWER PILATES FLAGSHIP STUDIO

920 3rd Ave, 6th Floor NYC 10022

PHONE

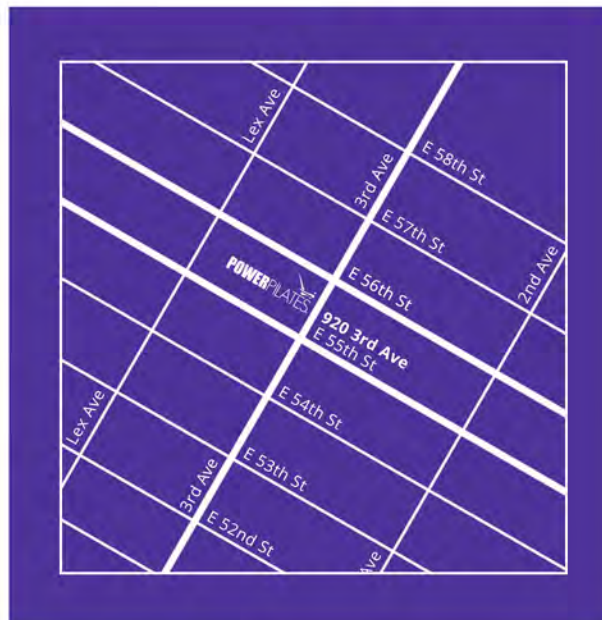
212.627.5852

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