

Pilates

Price List 2022-23 (Inc. VAT)

Introduction to Pilates Session	Individual £49 (60 min) Follow up £45 (45 min) Pairs £54 Follow up £40	
CP Initial assessment	Initial £49 (45-60 mins) Review £39 (30-45 mins)	
Total Beginners, Beginners & Improvers, Intermediate	£55 6-week course (45 mins)	
<u>Reformer Fitness:</u> All round core, full body strength and conditioning class using Reformer Machines. <u>Post Natal Reformer Rehab:</u> Adapted safely for post-natal recovery	6-week Course 40 mins class £58 30 mins class £44	
<u>Clinical Pilates:</u> Physio guided bespoke progressive program tailored to the individual in our large equipment studio.	£67 6-week Course *Requires the CP Initial Assessment shown above.	
<u>Reformer or Bespoke Pilates 1-2-1</u>		
<u>Individual:</u>		
60 mins: 1 session £45	5 sessions £205	10 sessions £385
45 mins: 1 session £37	5 sessions £175	10 sessions £340
30 mins: 1 session £29	5 sessions £135	10 sessions £270
<u>Pairs:</u> Apply 10% Discount to each individuals' session or course fee.		
<u>Equipment Studio Membership</u> £30 per Month		
Available to those with a Clinical Pilates Program that are experienced and safe using the Pilates Equipment independently.		

<u>Mat Work & Pilates with Props</u>	1-2 sessions £8.50* 3 sessions £21 4 sessions £25
<u>Antenatal & Post Natal Mat Work</u> Specifically adapted Pilates: From 12 weeks – 40 weeks Pregnancy From 6 weeks Natural Delivery From 8 weeks C-section	6-week course £58 PAYG available from 36 weeks pregnancy