

Fee Schedule

Effective 6/1/10

Evolution Pilates



Private/ Semi-Private Lessons: 55 minute lesson. Half hour and 1 1/2 hour sessions are also available.

Instructor Trainer (Cate): \$75, 5 for \$355, 10 for \$675

INTRODUCTORY 5 LESSONS: \$325

Senior Instructors (Heidi, Kelly, Paul, Tony): \$72, 5 for \$350, 10 for \$650

INTRODUCTORY 5 LESSONS- \$300

INTRODUCTORY 3 LESSONS- \$190

Instructors (Angela, Chlake, Karen): \$68, 5 for \$325, 10 for \$600

INTRODUCTORY 5 LESSONS- \$275

INTRODUCTORY 3 LESSONS- \$170

Duet (2 clients, 1 trainer): \$42/client, 5 for \$195, 10 for \$370

Trio (3 clients, 1 trainer): \$35/client, 5 for \$165, 10 for \$300

Active Isolated Stretching (Paul)/ **Resistance Stretching** (Cate, Karen): \$90 an hour

Our instructor's rates are based on their experience and education level through STOTT PILATES. We hope that we will be able to provide private training to more clients by offering a scaled fee schedule for our instructors.

**Please note:
All clients must complete introductory individual lessons before entering our mat or reformer group classes.**

Group Pilates Classes: 50 minutes, unless otherwise noted

SOUTH WINDSOR STUDIO

Group Mat (Max 8):

Single Class: \$15.90

5 classes for \$74.30

10 classes for \$127.20

20 classes for \$238.50

Group Reformer (Max 6):

Single Class: \$26.50

5 classes for \$116.60

10 classes for \$222.30

20 classes for \$424.00

GLASTONBURY EQUIPMENT CLASSES

Single Class: \$28

5 classes: \$130

10 classes: \$240

Glastonbury group classes accommodate a maximum of 4 participants. Pre-registration is required for all group classes. Lessons will be a mix of training on reformer, stability chair, and small equipment.

Manual Flexibility Training (Paul) 55 minute lesson, \$90: The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release is a type of Athletic Stretching Technique that provides effective, dynamic, facilitated stretching of major muscle groups and provides functional and physiological restoration of superficial and deep fascial planes. Stretches of no longer than 2.0 seconds allows the target muscles to optimally lengthen without triggering the protective stretch reflex.

EVOLUTION PILATES STUDIO

435 Buckland Rd

South Windsor, CT 06074

Phone: 860-644-4455

345 New London Tnpke

Glastonbury, CT 06033

Phone: 860-899-9242

558 Prospect Ave

Hartford, CT 06105

Phone: 860-328-5912

Email: info@evolutionpilates.com

**Define your body...
Unwind your mind**