

**CLASSES BY APPOINTMENT ONLY! PLEASE CALL FOR AVAILABILITY EMILY 678-617-3824**



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
					1	2	
	<p>CF-Claudette Foster EC- Emily Condensa EW- Evette Walters JC-Justina Condensa MA- Mandy Adams</p>	<p><a href="http://www.performancepilatesga.com">www.performancepilatesga.com</a> 2130 PEACHTREE PARKWAY SUITE B CUMMING, GA. 30041</p>				<p>8:45am TRX Combo (JC) 930am Pilates (JC) 1130am Pilates (EW) 11:30am Motr (JC)</p>	<p>8am Corealign (EC) 9am Pilates (EC) 10am Pilates Bootcamp (CF) 11am Pilates (EC) 11am Kids Pilates Mat Class (EW) 12pm Foam Roller (EW) 3pm Pilates (EC)</p>
3	4	5	6	7	8	9	
	<p>9:30am Pilates (EC) 10:30am Pilates Chair (CF) 11:30 Corealign (EC) 11:30am Pilates (EW) 5pm Pilates 1.5 (EC) 6:30pm Cardio Pilates (JC)</p>	<p>730am Pilates (EC) 830 Corealign (EC) 930am Pilates (EC) 1030am Cardio Pilates (EC) 1145 Motr/Barr (MA) 430pm Pilates (EC) 530pm TRX Bootcamp (CF) 630pm Pilates (CF)</p>	<p>845am Tight Butts No Guts (MA) 930 Pilates 1.5 (EC) 11am Corealign (EC) 11:30am Springboard (EW) 4:30pm Pilates (JC) 530pm Motr (JC) 630pm Cardio Kickboxing (JC)</p>	<p>730am Motr (JC) 830am Pilates (JC) 930 Cardio Pilates (JC) 10:30am TRX Bootcamp (JC) 11:15am Pilates (JC) 4pm Cardio Pilates (EC) 5pm Corealign (EC) 6pm Pilates (EC)</p>	<p>8:45am TRX Combo (JC) 930am Pilates (JC) 1130am Pilates (EW) 11:30am Motr (JC)</p>	<p>8am Corealign (EC) 9am Pilates (EC) 10am Pilates Bootcamp (EW) 11am Pilates (EC) 11am Kids Pilates Mat Class (EW) 12pm Pilates (EW) 3pm Pilates (EC)</p>	
10	11	12	13	14	15	16	
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17	18	19	20	21	22	23	
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24	25	26	27	28			
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\*Class times are being considered if there is enough people for time slot. Minimum 2 people required  
 All classes require a 12-hour cancelation policy and clients will be charged if they do not give at least a 12-hour notice.  
 Thanks! Emily Condensa 678-617-3824 econdensa@gmail.com

**Class Descriptions:**

**Pilates 1.5** – an hour and half equipment class utilizing the reformer/Cadillac to work on strength and core with an extra emphasize on stretching (There is an extra \$5 per class on top of equipment class price)

**Pilates** – an equipment class utilizing the reformer/Cadillac to work on strength, flexibility and your core.

**Corealign** - Corealign is a combination of a ladder and a platform with two movable carts. It was designed by a physical therapist to improve posture, balance, and functional movement while in an unstable body position (standing, planking etc). It is part mind-body, part strength, part cardio, and totally unique! Corealign stimulates core stability and muscles have to function in a timely manner as you perform challenging exercises, deep stretches, and core-controlled aerobic training. It is a great way to connect the muscular system to the nervous system leaving you feeling buoyant and strong.

**Pilates Boot Camp** – a cardio interval workout using a variety of props and mat work. Great full body workout to increase strength, flexibility while working on your core.

**Barre class** –an interval cardio class with a large focus on the core and the lower body, especially the hips and butt, *feel the burn, stretch to the limits, I can't take it anymore...* PILATES BARRE class!

**Tight butts No guts**- Pilates class focused on toning the core and legs using mat and a variety of props including bands, balls, foam rollers, arcs etc....

**Cardio Pilates** - A Pilates class on the reformer utilizing the jump board in an interval format to incorporate cardio, strength, and core into a cardio fat burning workout!

**Pilates Chair**- A unique and fun full body workout using different spring resistance and the split pedal option, this apparatus offers a challenging cardio/aerobic workout as well as increased stability and flexibility. It is excellent for strengthening the core muscles, the arms and legs. Exercises are done lying, sitting, and standing on the chair.

**Springboard** - Pilates Springboard classes take you through a warm-up, core strengthening, upper body and lower body conditioning program for all levels. This user-friendly equipment allows you to access the basics of the Cadillac, but in a fun and friendly group environment.

**Cardio Kickboxing**- a 55-minute class using boxing, kickboxing, and athletic conditioning techniques for a great aerobic and muscle strengthening workout. A great cross training workout for all levels.

**TRX Combo** – This revolutionary method of leveraged bodyweight exercise called suspension training will totally change your approach to fitness. With a combo of TRX, springboard or chair this class will build power, cardiovascular endurance, strength, flexibility, balance, mobility, and injury prevention, all at the intensity you choose.

**TRX Bootcamp**- Get ready to burn fat, increase muscle and improve your mobility with Trx suspension training. Use your body weight to perform cardio, strength, and core training. This class is open to all fitness levels with options that allow everyone to work at their own pace or challenge themselves.

**TRX Barre** - An interval cardio class on the Trx with a large focus on the core and the lower body, especially the hips and butt, *feel the burn, stretch to the limits, I can't take it anymore...* TRX BARRE class!

**Motr** - This equipment combines the comfort of a foam roller with the challenge of three weight level resistances, giving you a challenging and incredibly diverse workout. This class focuses on the key principles of alignment, balance, core control and functional movement patterns and may also include aerobic conditioning. Exercises vary easily to provide appropriate fitness challenges for any level.

**Fusion** - The best of TRX fused with Barre, Yoga and Pilates

**Junior Pilates** – Pilates class for Middle school or Highschool students utilizing the Pilates equipment, reformer, Cadillac and chair and maybe a little TRX. Focusing on flexibility, strength, core, and stability.

**Kids Pilates Mat Class** - A 45minute Pilates Mat focused on core stability, as well as lengthening and strengthening exercises that will improve posture and keep kids moving like kids!

**Pricing**

Evaluation / 1 <sup>st</sup> Class for New Clients	Free	Springboard, Chair, TRX, Cardio Pilates Single (Drop in)	\$20
Private Pilates Session - 1 hr	\$60	Springboard/Chair/TRX/Cardio Pilates - 6 Pack	\$90
Private Pilates Session 10 Pack - 1 hr	\$500	Mat and Kickboxing Class Single (Drop in)	\$15
Private Pilates Session 5 Pack – 1 hr	\$275	Group Class Unlimited / Monthly	\$150
Semi-Private Session – 1 hr	\$40	Kids Pilates Mat Class Single (Drop in)	\$10
Semi-Private Session 10 Pack – 1 hr	\$350	Kids Pilates Class 10 Pack	\$80
Pilates/Corealign Class Single (Drop in) -1 hr	\$25	Junior Pilates Single (Drop in)	\$20
Pilates/Corealign Classes 10 Pack – 1 hr	\$200	Junior Pilates 10 Pack	\$150
Pilates Class (Drop in) – 1.5 hr	\$30	Pilates/Corealign Unlimited / Monthly	\$300
Pilates Classes 8 Pack – 1.5 hr	\$200		

**These are cash and check prices only. There will be an additional fee for credit cards.**