

CARVE PILATES

Pilates for Every Body by Shannan King



NEW STUDIO OPENING JUNE 23RD!!
PRIVATE REFORMER PILATES
GROUP MAT PILATES ~ BARRE/FUSION CLASSES

ALL GROUP CLASSES

(EXCEPT COREBOARDING)

SINGLE.....\$10
SERIES OF 10.....\$80
UNLIMITED MONTHLY PASS....\$130
BARRE PILATES 4-WK SERIES..\$35

PRIVATE REFORMER PILATES

SINGLE.....\$60
SERIES OF 10.....\$570

NEW CLIENT SPECIAL
4 SESSIONS.....\$220

910 S. Main Street, Lakeport • (707) 900-1822 • www.CarvePilates.com

CLASS SCHEDULE (BEGINS JUNE 23RD)

MONDAY 9:30AM • BARRE FITNESS

TUESDAY 9:30AM • PILATES FUSION

WEDNESDAY 9:30AM • MAT PILATES - ALL LEVELS

WEDNESDAY 5:30PM • BARRE PILATES (4-WK SERIES)

THURSDAY 9:30AM • BARRE FITNESS

THURSDAY 5PM • COREBOARDING (SEASONAL)

FRIDAY 9:30AM • COREBOARDING (SEASONAL)

SATURDAY 9AM • BARRE FITNESS

SATURDAY 10AM • MAT PILATES - ALL LEVELS

BARRE FITNESS (55MIN) Intermediate level group class using the ballet barre, body weight & light dumbbells for total body toning. Carve out a dancer's body with this high-energy barre workout!

BARRE PILATES (55MIN) All levels class incorporating both Mat Pilates and barre exercises. This class will run in 4-week intervals and you must sign up for the series at the beginning of each month. First month of classes starts 7/9!

COREBOARDING (60MIN) Carve your core with a blend of core work, balance and cardio challenges while on a Paddle Board! Located at Highland Springs Reservoir. This class has a separate fee, please call to register [Seasonal March-Sept].

MAT PILATES — ALL LEVELS (60MIN) All levels group class to carve & strengthen the whole body. Develop low back & hip stability to train your CORE. Get results such as back pain relief, flexibility, and muscle tone with focus on control, fluid movement, breathing, concentration, stability, and postural alignment.

PRIVATE EQUIPMENT PILATES (55MIN) Individual Session performed on the Pilates Reformer, Combo Chair & various props. The sessions are designed to meet the specific needs of your body. This method is used for pain management, injury rehabilitation, basic fitness and sports conditioning.

PILATES FUSION (55MIN) A complimentary blend of Pilates & flexibility training to carve out a lean and flexible physique!