

# Private Parties available at

BODY BY BLISS

# PILATES

## PRICING

- Parties of 3 - 6 clients, \$100 / party
- Parties of 7-10 clients, \$160 / party
- Parties of 11+ clients, contact the studio

## RESERVATION INFORMATION

- Please contact the studio for more information and booking at (717) 495-4193 or Alisha@BodyByBlissPilates.com. The studio is located within the Velvet Mill at 44 Meadow Ave, Stonington, CT 06378. Prices are subject to tax at point of sale. Services are available on site (\$15 travel fee) unless noted below.

## PILATES

- **MAT PILATES** includes a mix of classical & contemporary Pilates mat & standing exercises
- **BASI MAT FLOW** add cardiopulmonary benefits to mat Pilates by adding flow to sequencing
- **PILATES FOR RUNNERS** are specialized mat Pilates that focus on lower extremities, hips & core
- **PILATES PLUS** infuses cardio and high intensity sequencing with mat & barre Pilates exercises
- **BARRE PILATES** combines Pilates and ballet principles for full body conditioning at the barre
- **REFORMER PILATES** is taught entirely on the reformer Pilates apparatus (available only at the studio)
- **MIXED CIRCUIT/PILATES APPARATUS** utilizes a variety of Pilates apparatus including the reformer, chair, trapeze/Cadillac, spine corrector, ladder barrel, core align & more (only available at the studio)

## DANCE

- **BALLERINA BARRE** provides ballet dance conditioning at the barre & center for all clients
- **BALLET** includes classical ballet dance technique
- **BELLY DANCE** is a fusion of Egyptian, Turkish & Latin belly dancing moves

## YOGA

- **BLISS INSPIRED YOGA** is Hatha alignment-based
- **YOGA BASICS** provides basic moves
- **FUNDAMENTALS OF YOGA** dives deeper into the fundamentals of yoga postures and sequencing

## OTHER

- **BOOTCAMP** is designed to motivate clients with high intensity and full body movements

[www.BodyByBlissPilates.com](http://www.BodyByBlissPilates.com)