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The Velvet Mill  
Studios 60 & 65  
44 Meadow Avenue  
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## WHAT IS PILATES?

Pilates is a type of fitness instruction that includes a progressive series of mat, standing & apparatus exercises centered on efficient muscle recruitment, control & range of motion. Exercises are designed to target & recruit muscles both in isolation & full body functional scenarios. Modifications are provided to ensure proper execution of form & technique for all participants & to challenge all fitness levels.

### BENEFITS

- Improve muscle strength & definition (tone)
- Increase flexibility & muscle control
- Develop mindfulness & awareness
- Enhance coordination & balance
- Refine posture & alignment

### IDEAL FOR

- Athletic conditioning & weight loss
- Rehabilitation & pain management
- Prenatal & postnatal training
- General health & wellness

## PERSONAL SESSIONS

Exercise plans are unique for each client & catered to their specific fitness goals. Exercises may include all available fitness equipment in the studio as applicable. Personal sessions require advanced appointment (please call, email or visit the studio to arrange).

**PRIVATE SESSIONS** are one on one sessions with an instructor.

**DUET SESSIONS** are semi-private sessions, with two clients per instructor. Clients are responsible for coordinating schedules in advance of making a reservation.

24 hours' notice is required to cancel a reservation. Late cancellations & no-shows will be charged a single session purchase. Exceptions will be made on a case by case basis for emergencies & contagious illnesses. Services purchased are valid for up to 6 months from the date of purchase and are not eligible for refund.

### **SINGLE SESSION PURCHASES**

- \$50 per client/session
- \$90 per apparatus small group class
- Prices are subject to sales tax at time of purchase

### **MULTIPLE SESSION PURCHASES (SAME TYPE)**

- 5% off 5 small group classes
- 10% off 10 small group classes
- 20% off 20 small group classes

## ADDITIONAL OFFERINGS

**ON-SITE SERVICES** are available by request with an additional travel fee of \$15/visit within a 15 mile radius of the studio. Travel fees for services further than 15 miles away will be negotiated on a case by case basis.

**PRIVATE PARTIES, CORPORATE TRAINING & MENTORSHIP** is also available by request. Please contact the studio for more information.

## NEW CLIENT SPECIALS

New client specials are limited to 1 per new client & may only be purchased at the time that the new client's first sale is processed.

30% off 3 private sessions

40% off 3 non-apparatus small group classes