



CLASS SCHEDULE
EFFECTIVE
JULY 16, 2016

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00 am			Advanced Apparatus				
8:30 am							MOTR (25 min)
9:00 am	Senior Chair for Balance (40 min)	Introductory Reformer ³					Reformer/Tower and Mixed Apparatus* (50 min)
11:30 am	BODHI ¹	MOTR (25 min)	BODHI ²				
12:00 noon		Reformer Circuit [†] (50 min)	Reformer Circuit [†] (50 min)	Reformer Circuit [†] (50 min)	Reformer Circuit [†] (50 min)		
5:00 pm	Circuit* (50 min)		Men's Advanced Circuit ** <i>Closed</i>	Circuit* (50 min)			
6:00 pm	Reformer/Tower * (50 minutes)						
6:30 pm			Basic Reformer (50 min)				

* Students must have previously completed four sessions of Traditional Reformer

** Students must have previously completed 6 months of Reformer/Tower

† Students must have knowledge of the following equipment to participate: Chair, Spine Corrector, Jumpboard, Orbit, Arc
Closed: these classes are closed to new students

Class schedule subject to change based on enrollment. See our website for class descriptions and special classes.

Specials

Unlimited 50-minute classes in August: \$369

¹BODHI — special half-hour introductory classes: Mondays, 11:30 am, August 8, 15, 29; \$39 for 3 classes, or \$15 each

²BODHI — special half-hour introductory classes: Wednesdays, 11:30 am, August 3, 10, 17, 24, 31; \$39 for 3 classes, or \$15 each
BODHI is a four-point Suspension system that takes the body in and out of alignment to challenge core stability, strength and flexibility.

³Introductory Reformer: Tuesdays, 9:00 am: August 2, 9, 16, 23; \$118 for 4 classes



RATES EFFECTIVE JULY 16, 2016

Classes			
25 minute	Drop-in	\$26	
	4-session (6 week exp.)	\$55	
	8-session (10 week exp.)	\$107	
50 minute	Drop-in	\$40	
	4-session (6 week exp.)	\$136	
	8-session (10 week exp.)	\$258	
	12-session (6 week exp.)	\$314	
65 minute	Drop-in	\$45	
	4-session (6 week exp.)	\$170	
	8-session (10 week exp.)	\$324	
Private Sessions		Valentin	Staff
50 minute	Drop-in	\$105	\$89
	4-session (6 week exp.)	\$368	\$321
	8-session (10 week exp.)	\$700	\$609
25 minute (40% discount off 50-minute private rate)	Drop-in	\$60	\$54
	4-session (6 week exp.)	\$220	\$187
	8-session (10 week exp.)	\$420	\$365
Semi-Private Sessions		Valentin	Staff
Duet 50 minute (30% discount off private rate per person)	Drop-in	\$69	\$62
	4-session (6 week exp.)	\$258	\$224
	8-session (10 week exp.)	\$490	\$427
Duet 25 minute (30% discount off private rate per person)	Drop-in	\$42	\$38
	4-session (6 week exp.)	\$155	\$130
	8-session (10 week exp.)	\$294	\$247
3 person/small group - 50 minute	Drop-in	\$56	\$50
	4-session (6 week exp.)	\$194	\$180
	8-session (10 week exp.)	\$369	\$343

- Any **NO-SHOW APPOINTMENTS OR CLASSES** without 24-hour advance notice will be charged the full rate
- 10% discount for students (up to age 18) and seniors (age 70 and over)
- No additional discount applied to already discounted classes
- One-time \$35 enrollment fee for all new clients
- 3% discount on all cash/check transactions
- **A \$20 LATE FEE IS CHARGED FOR DELINQUENT ACCOUNTS. ALL CLASSES/SESSIONS ARE PRE-PAID.**
- A 10% surcharge per private or semi-private session with Valentin before 8:00 AM or after 6:00 PM on weekdays, and anytime on weekends
- A class may be cancelled due to low enrollment
- Class instructor may change without notice
- No class for single attendees; you can elect to have a 50- or 25-minute private session for fee

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