



Discover Reformer Pilates

COMPLIMENTARY 50-MINUTE INTRODUCTORY SESSION

If you're new to Reformer Pilates, your first session is on us! This one-on-one introductory session gives you the opportunity to:

- Learn the equipment and Pilates principles
- Discuss your goals
- Teach proper alignment
- Experience personalized guidance from our certified instructors

INTRODUCTORY 3 PRIVATE REFORMER SESSIONS FOR \$150

(\$199 Non-Members)

Continue one-on-one with your instructor to develop proper technique, build confidence, and establish a strong Pilates foundation.

One introductory package per client; valid for first-time Pilates clients only.

Reformer Pilates Pricing

Private

Single Session: \$90/person
5-Pack: \$350/person

Summer Promotion through August 31
Limit two 5-packs per client.

Duet

Single Session: \$50/person
5-Pack: \$237.50/person

Group

Single Session: \$35
5-Pack: \$33/session
10-Pack: \$30/session

Group Reformer Schedule

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:30 AM		9:15 AM	9:00 AM
10:30 AM	6:00 PM	10:15 AM	10:00 AM

Ready to Get Started?

To register or purchase a demo, package, private session, or group class, please contact Donna:

dfosterlarocque@longfellowhealthclubs.com

781-705-2300 ext. 2221

Before You Book

All Group Reformer classes, including drop-in sessions, must be booked through your instructor **at least 48 hours in advance.**

Please provide at least **24 hours' notice for cancellations.**