



Discover Reformer Pilates

COMPLIMENTARY 50-MINUTE INTRODUCTORY SESSION

This one-on-one introductory session gives you the opportunity to:

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

***Complimentary for Members and Non-Members.
One-time use only.***

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.

Group Reformer Schedule

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 AM - Rachel	6:00 PM - Lee	9:00 AM - Lee	9:00 AM - Lee
10:00 AM - Rachel		10:00 AM - Rachel	

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.**

Reformer Pilates Pricing

GROUP REFORMER

Package	Member Rate	Non-Member Rate	Expiration
1 Session	\$35	\$40	1 month
5 Sessions	\$165 (\$33/class)	\$190 (\$38/class)	6 months
10 Sessions	\$300 (\$30/class)	\$350 (\$35/class)	12 months

PRIVATE REFORMER

Package	Member Rate	Non-Member Rate	Expiration
1 Session	\$90	\$100	3 months
5 Sessions	\$425 (\$85/session)	\$475 (\$95/session)	6 months

REFORMER DUETS

Package	Member Rate	Non-Member Rate	Expiration
1 Duet Session	\$50/person	\$60/person	12 months
5 Duet Sessions	\$237.50/person (\$47.50/session)	\$262.50/person (\$52.50/session)	12 months

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Before You Book

All Group Reformer classes, including drop-in sessions, must be booked through your instructor **at least 48 hours in advance**. A **minimum of three participants** is required for a group class to take place.

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