

INTRODUCTORY OFFERS

Intro to Pilates Class \$30

Learn proper posture, spinal articulation, and breathing techniques. This class prepares the student for our beginning Pilates mat classes and includes a take home practice guide.

Reservations are required.

Equipment Class Prep \$180

This series of 8 lessons prepares the student for our group equipment classes. Upon completion of series the instructor will determine if student is ready for group equipment classes and may request additional private lessons for more client-specific instructions.

Reservations are required.

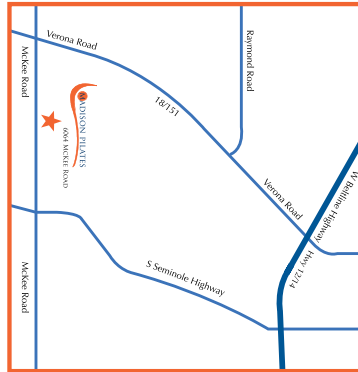
Studio Sampler Package \$245

The Studio Sampler Package is a great way to see all that Madison Pilates offers! The package includes: one Private Lesson, one Equipment Class, one Mat Class, one Energy Balancing Session, one Massage Therapy Session, and one Thai Massage Session.

New Client Discount Package \$300

For anyone new to Madison Pilates, this package is a great way to develop strength, improve flexibility, and increase stamina. It includes 5 private lessons and must be completed three weeks after purchase. After completing this package students are eligible to attend our group mat classes or equipment classes.

Madison Pilates is owned and operated by Marissa Lins PMA CPT.



6064 MCKEE ROAD · FITCHBURG, WI 53719 · 608.274.2600



MADISON PILATES

STUDIO INFORMATION

6064 MCKEE ROAD · FITCHBURG, WI · 53719

WWW.MADISONPILATES.NET

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STUDIO FEES

Private Lessons

Studio Director

Private lessons \$70 Duet lessons \$40

Senior Instructor

Private lessons \$65 Duet lessons \$35
Trio lessons \$29 Quartet lessons \$22

Junior Instructor

Private lessons \$45 Duet lessons \$25
Trio lessons \$19 Quartet lessons \$15

Equipment Classes

18 Class Pass \$351.00 (*\$19.50)
12 Class Pass \$264.00 (*\$22.00)
8 Class Pass \$192.00 (*\$24.00)
6 Class Pass \$162.00 (*\$27.00)
4 Class Pass \$120.00 (*\$30.00)
Drop in Class \$34.00

Floor Classes

15 Class Pass \$195.00 (*\$13.00)
10 Class Pass \$145.00 (*\$14.50)
7 Class Pass \$112.00 (*\$16.00)
3 Class Pass \$55.50 (*\$18.50)
Drop in Class \$20.00

Energy Balancing

New Client Evaluation \$100
Re-Evaluation \$65

Massage Therapy

Introductory Session \$45
60 Minute Session \$65 90 Minute Session \$90

Thai Massage

60 Minute Session \$65 75 Minute Session \$80
90 Minutes Session \$90
90 Minute Thai Herbal Massage \$100
120 Minute Thai Herbal Massage \$130
Rain Drop Technique \$80



CLASS DESCRIPTION

Equipment Class*: Exercises performed on the Reformer, Wunda Chair, Spine Corrector, Springboard, and Mat. Through ingeniously designed equipment, learn unique ways to improve spinal flexibility, core control, and better muscle tone overall. Reservations are required.

**Must complete Equipment Class Prep series or have two years experience with Pilates apparatus.*

Pilates Mat* - Floor Class: The Pilates mat class follows the traditional order of the Pilates exercises to help develop mind-body awareness while strengthening and lengthening the body. **Must complete the Intro to Pilates Class or have 6 months previous Pilates experience.*

Beg/Inter. Mat Class* - Floor Class: This beginning level class develops a solid base in the "basic 10" Pilates exercises. You will tone and strengthen your core musculature while improving posture and alignment. **Must complete the Intro to Pilates Class or have 6 months previous Pilates experience.*

Intermediate Mat Class* - Floor Class: Building upon the foundations of the "basic 10" Pilates exercises, this class will challenge you in ways that will improve coordination, whole-body strength, and balance. **Must complete the Intro to Pilates Class, have 9 months previous Pilates experience, or permission from Studio Director.*

Madison Pilates Exclusive

Pilates Mat and Yoga Flow* - Floor Class: Combines the principles and concepts of the Pilates Method with the ancient practice of Asana Yoga. Strengthen core musculature while improving the connection of body, mind, breath, and spirit. Suitable for all levels. **Must complete the Intro to Pilates Class or have 6 months previous Pilates experience.*

Energy Balancing: Using indicator muscle testing Dr. Conder finds imbalances in structure, metabolism, and energy systems and makes recommendations on how to balance them.

Massage Therapy: Traditional therapeutic massage therapy that relaxes the body and mind while improving the circulatory and lymphatic systems.

Thai Massage: Combines soft, rhythmic compressions, yoga-like stretches, and acupressure-like thumb presses. It is extremely gentle and soothing.

Visit our web site at
WWW.MADISONPILATES.NET