



STONECREEK  
CLUB & SPA

# *Pilates Reformer & Yoga*



**For more information about our Pilates  
or yoga programs, please contact our  
Pilates Coordinator - Maureen**

**[MaureenJ@stonecreekclubandspa.com](mailto:MaureenJ@stonecreekclubandspa.com)**

# *Pilates Reformer & Yoga*



## **CLASSICAL PILATES**

The Pilates exercise approach consists of gradual movements to enhance joint range of motion, postural strength, balance, and abdominal strength and challenge the entire body by starting from the core and moving outward.

SESSION	MEMBER	NON-MEMBER
PRIVATE	\$68	\$82
SEMI-PRIVATE	\$40/EACH	\$48/EACH
GROUP (3/4 PPL)	\$30/EACH	\$36/EACH



## **FITCORE BY PEAK PILATES**

Join our FITCORE program for an energetic small-group workout that combines Pilates reformer with various athletic movements set to music. This multi-dimensional program is designed to increase your strength, flexibility and stability. Reserve your spot in class by using the Stone Creek Member App.

**\$20 Per Class**



## **PRIVATE YOGA**

If you want to learn the basics of yoga before joining a group class or want to add something new to your fitness routine, you can enjoy a private or semi-private yoga class. Our certified yoga instructors will provide you with hands-on guidance, making it an excellent option for beginners or yogis who wish to incorporate more challenging poses and techniques into their routine.

**Private Hour: \$74**

**Semi-private Hour (2 ppl): \$42/each**

**Group (3 or 4 ppl): \$34/each**