



## *SEASCAPE'S PILATES REFORMER CLASSES*

The Pilates Reformer is a unique piece of apparatus that can transform one's body in as little as 10 sessions. All levels can participate in the same session, as each class is tailored to the individual's personal needs.

Seascope members will enjoy a \$40, 55 minute professional hour session with two weekly classes to choose from: **Tuesday & Thursday 12:00 Noon.**

Ongoing option: a private session for \$95/session; Duets are priced at \$60/member/session, and Trios upon special request.

**All classes and appointments must be scheduled with Christy Wilson, Pilates Practitioner, at (707) 495-1242, or, [pilateswithchristy@ymail.com](mailto:pilateswithchristy@ymail.com)**

*Price of single session for non-members is \$45/55 minute professional hour session. Non-member Privates/duets are \$5 more, or \$100/private, & \$65/duet.  
(Price is per participant)*