



SEASCAPE'S PILATES REFORMER PROGRAM

The Pilates Reformer is a unique piece of apparatus that can transform one's body in as little as 10 sessions. No experience is necessary as our skilled practitioner's will demonstrate and guide the participants through a series of exercises that build upon the next. All levels can participate in the same session, as each class is tailored to the individual's personal needs. All Seascope Pilates' Practitioners are fully certified and individually insured, as well as, conscious of the Covid19 state and county requirements to ensure a safe, fun, and effective session regardless of age or fitness level!

Seascope members will enjoy a \$30, 50 minute professional hour session with four weekly classes to choose from, **Monday 10:30am, Tuesday 12:00 Noon and 5:15pm, as well as, Thursday 12:00 Noon.** Ongoing option: a private session with a Pilates Practitioner for \$80/session; Duets are priced at \$50/member/session, and Trios set at \$45/member/session.

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

Price of single session for non-members is \$35/50 minute professional hour session, reservations aka confirmed appointments, will be given first priority, with drop in as space allows for both members, and non-members. (Privates/duets are \$5 more, or \$85/ private, \$55/duet, \$50/trio non-member price).

******Reservations are highly recommended, as space is limited******

******Standing appointments are subject to 24 hr cancellation charge******

Seascope's Reformer Policies, Release of Liability, as well as, Covid19 release, will be provided prior to the first session when you begin enjoying a new you!