



NEW CLIENT OFFERS

**20 min
Fitness
Consultation**

No Charge

Tour our studio and learn more about Pilates and the classes we offer. Discuss your fitness goals, determine which classes work best for you.

**3
Group
Classes**

\$33

Try all the Group Classes FPB offers including TRX, Circuit Training, Xtend Barre, Pilates Mat

**First
Reformer**

\$20

Arrive 10 minutes early to learn about the machine Joseph Pilates invented before trying it out for yourself.

**First
Personal
Training**

\$55

Get assessed by a trained instructor before learning more about the difference Pilates can make in your body.

New Client offers expire 30 days after purchase and are subject to a 12hr (group) to 24hr (personal)



**Made for You Memberships starting as low as \$44 per month!
Contact the studio for more information on our pricing.**



TRX



We are a certified teacher training studio. Contact us for more information about becoming an instructor.

GROUP CLASSES				REFORMER CLASSES		
MON	8:30 - 9:20 AM	Xtend Barre	Lisa	6:00 - 6:50 AM	Reformer	Katie
				9:30 - 10:20 AM	Reformer	Kara
	4:30 - 5:20 PM	Xtend Barre	Jay Dee	12:00 - 12:50 PM	Reformer	Lisa
	5:30 - 6:20 PM	Circuit / TRX	Kara	5:30 - 6:20 PM	Jumpboard	Jay Dee
TUES	6:30 - 7:20 AM	Xtend Barre	Susanne			
	8:30 - 9:20 AM	Pilates Mat	Susanne	9:30 - 10:20 AM	Reformer	Jay Dee
	12:00 - 12:50 PM	Pilates Mat	Jay Dee	10:30 - 11:20 AM	Adv Reformer	Jay Dee
	5:30 - 6:20 PM	Mat	Emma			
				6:30 - 7:20 PM	Reformer	Emma
WED	8:30 - 9:20 AM	Xtend Barre	Samantha	6:00 - 6:50 AM	Reformer	Katie
				9:30 - 10:20 AM	Reformer	Jay Dee
				12:00 - 12:50 PM	Jumpboard	Jay Dee
	4:30 - 5:20 PM	Xtend Barre	Jay Dee			
	6:00 - 6:50 PM	Pilates Mat	Julie			
THU	6:30 - 7:20 AM	Circuit / TRX	Susanne			
	8:30 - 9:20 AM	Xtend Barre	Susanne	9:30 - 10:20 AM	Reformer	Lisa
	12:00 - 12:50 PM	Pilates Mat	Jay Dee			
	5:30 - 6:20 PM	TRX	Kara			
				6:30 - 7:20 PM	Reformer	Kara
FRI	8:30 - 9:20 AM	TRX	Kara			
				9:30 - 10:20 AM	Reformer	Jay Dee
SAT	8:00 - 8:50 AM	Xtend Barre	Various Staff	8:00 - 8:50 AM	Jumpboard	Various Staff
	9:00 - 9:50 AM	Pilates Mat	Various Staff	9:00 - 9:50 AM	Reformer	Various Staff
SUN				2:30 - 3:20 PM	Reformer	Emma/Katie
	3:30 - 4:20 PM	Pilates Mat	Emma/Katie			

RESERVATIONS RECOMMENDED - OUR UP-TO-DATE SCHEDULE IS ALWAYS ONLINE
 479.935.4961 info@fayettevillepilates.com www.fayettevillepilates.com

