

MADISON PILATES 2010 Package of Information

INTRODUCTORY OFFERS

Intro to Pilates Class \$30

Introduction to Pilates concepts and exercises. 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. The Intro to Pilates Class is held on the Saturdays at 12pm. Reservations are required.

Studio Sampler Package \$200

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, and one Thai Massage Session.

Equipment Class Prep \$180

This series of 8 lessons prepares the student for our group equipment classes. The Series is held on Wednesdays at 5pm or Saturdays at 9am. Classes must be taken in order and reservations are required. 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.

New Client Discount Package \$300

For anyone new to Madison Pilates the New Client Discount Package is a great way to develop strength, improve flexibility, and increase stamina through private lessons of the Pilates Method. The package 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.

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

Equipment-based Pilates 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

Mat, Yoga, Restorative Pilates, Dynamic Body

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

COMMUNITY CLASSES

Donation based class open to the community

CLASS DESCRIPTIONS

Equipment Class* - 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 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/Int Mat Class* - Floor Class

This beginning level mat class develops a solid base in the “basic 10” Pilates exercises. You will tone and strengthen your core musculature and improve alignment and posture. *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 the intermediate level mat class will challenge you in ways that will improve coordination and 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 EXCLUSIVES

Pilates Mat and Yoga Flow* - Floor Class

This unique class combines the principles and concepts of the Pilates Method with the ancient practice of Asana Yoga. Students will strengthen their core musculature while improving the connection of body, mind, breath, and spirit. Pilates Mat and Yoga Flow is suitable for all levels. *Must complete the Intro to Pilates Class or have 6 months previous Pilates experience.

Dynamic Body* - Floor Class

The word “Dynamic” means power or powerful and that is what you will find in this Dynamic Body class developed by Marissa Lins. Dynamic Body draws on principles and concepts from the Pilates Method, Gentry Technique, yoga, martial arts, and meditation. This challenging class will strengthen and lengthen your body while developing the powerful connection between body, mind, and spirit. You will leave this class feeling strong, empowered, and centered in your inner-self. *Must complete the Intro to Pilates Class or have 6 months previous Pilates experience.

GROUP CLASS SCHEDULE

MONDAY

Pilates Mat and Yoga Flow 9am Jules
Equipment 10am Caroline/Melissa(sub)
Equipment 11am Stacy
Pilates Mat and Yoga Flow 12pm Jules
Equipment 5pm Caroline/Stacy(sub)
Equipment 6pm Stacy
Pilates Mat 7pm Stacy

TUESDAY

Equipment 10am Caroline/Cody (sub)
Equipment 11am Cody
Dynamic Body 12pm Marissa
Equipment 6pm Sharon
Pilates Mat 7pm Sharon

WEDNESDAY

Equipment 6am Sharon
Pilates Mat 9am Jules
Equipment 10am Jules
Pilates Mat and Yoga Flow 12pm Jules
Equipment Class Prep 5pm Stacy
Mat 6pm Caroline/Jules (sub)

THURSDAY

Equipment 11am Caroline/Cody (sub)
Dynamic Body 12pm Marissa
Equipment 5pm Caroline/Jules (sub)
Equipment 7pm Emily

FRIDAY

Equipment 6am Sharon
Pilates Mat 9am Cody
Equipment 10am Melissa
Equipment 11am Cody
Pilates Mat 12pm Jules
Equipment 3:30 Collette

SATURDAY

Advanced Equipment Class 9am Emily
Pilates Mat 10am Cody
Equip Class Prep 11am Emily
Intro to Pilates 90 minutes 12pm Caroline

STAFF

Marissa Lins PMA CPT – Certified Pilates Teacher
Owner -Madison Pilates, LLC
Owner/Founder Midwest Pilates Institute
Studio Director
MPI Teacher Trainer

Caroline Holden – Certified Instructor
Senior Instructor
MPI Teacher Trainer

Emily Jean – Certified Instructor
Senior Instructor
MPI Teacher Trainer

Stacy Wilcox – Certified Instructor
Senior Instructor
Assistant Director/Marketing Director
MPI Teacher Trainer Assistant

Melissa Marti RYT– Certified Instructor
Senior Instructor
MPI Teacher Trainer Assistant

Collette Stewart – Certified Instructor
Senior Instructor

Cody Jussel – Certified Instructor
Senior Instructor

Jules Wolf Stenzel RYT– Certified Instructor
Senior Instructor

Sharon Brolin – Certified Instructor
Senior Instructor

Sara Bartlett – Mat Certified Instructor
Senior Instructor

Taya Thompson
Junior Instructor
MPI Apprentice

Amy Ruth – Mat Certified Instructor
Junior Instructor
MPI Apprentice

Annette Krisko – Mat Certified Instructor
Junior Instructor
MPI Apprentice

Jackie Miller-Giles
Junior Instructor
MPI Apprentice

Shelly Danks
Junior Instructor
MPI Apprentice

Elizabeth Thorne
Office Manager
Junior Instructor
MPI Apprentice