



Group Training Classes



At BODHI BODY our Group Class programs are designed for BOTH beginner and experienced students and leveled to ensure that you are in a group that is working at a safe and appropriate pace for your Pilates skill level and experience. *Most Group Training classes are limited to a maximum of 6 participants to ensure you get the personalized attention your body deserves.*

Group Training	Class Fees <i>(effective January 1, 2018)</i>				
<i>(fees are per person/class)</i>	Drop-In	4 Class Pack	8 Class Pack	12 Class Pack	VIP <i>(per class)</i>
• 55 min. class	\$45	\$160	\$288	\$432	\$35
• 90 min. class	\$70	\$240	\$440	\$660	\$50
VIP Package	<i>Best Rates on ALL services</i> \$1,250		<i>Use your VIP Package for: Group Training, Privates, and Workshops</i>		
Beginners Pilates	8 Week Session	16 Classes	Payment Plan	VIP <i>(per class)</i>	
• 55 min. class	Class meets 2x week	\$560	\$288 x 2	\$30	

Group Training Class Schedule: <i>Effective January 1, 2019</i>			
DAY	TIME	CLASS	LEVEL
Mon/Wed	6:30pm	Group Pilates	Basic
Wed/Fri	5:30pm	Group Pilates	Basic-Int.
Tue/Th	NOON	Pilates PACE <i>(90 min)</i>	Advanced
Tue/Th	4:30pm	Group Pilates	Int.-Adv.

All Classes Taught by Aliesa George, PMA-CPT

2019 BEGINNER PILATES GROUP TRAINING: *(8-week Sessions, class meets 2 x each week.)*

TBD - Please contact us if you're interested in getting started

Awesome Workshops™ and Specialty Classes are offered on a variety of topics for both experienced Pilates clients and NEW Students periodically throughout the year. Check in the studio for upcoming special events, or Check online at www.BodhiBodyPilates.com or www.Centerworks.com

Like us on FACEBOOK: www.facebook.com/bodhipilateswichita & www.facebook.com/centerworks

Contact Aliesa@Centerworks.com Today to Reserve Your SPOT in Class! or Call (316) 530-3753



GROUP TRAINING CLASS DESCRIPTIONS

Beginner Pilates

(55 min. Class meets 2 days a week for an 8-week Session)

Discover what Pilates can do for YOU! The Beginner Pilates Program is designed for healthy individuals to work in a group class setting to **improve core support, increase strength, and enhance flexibility.** Classes meet twice a week for 8-weeks. Workouts will include Pilates exercises on the Mat, Reformer, Tower, and supplemental equipment as appropriate.



Group Pilates (55min) *Class Levels: Basic-Int. | Intermediate | Int.-Adv. | Advanced*

Group Pilates Training is designed for experienced students, familiar with beginner Pilates Matwork and Equipment exercises on the Reformer, Cadillac, Barrels and Chairs. Classes are leveled to ensure a safe and appropriate workout while continuing to progress your Pilates skills and improve strength, flexibility, fitness and your whole-body health. *(Experienced Students who did not start their Pilates training at Centerworks® / Bodhi Body will need to do an Initial Consultation prior to enrolling in Group Pilates Classes, to ensure you are placed in the appropriate level of class)*



Pilates PACE (90 min)

Enjoy a fast-paced 90-minute Advanced Pilates class with Aliesa!

For experienced, Advanced Level Pilates students *(with Instructor Approval)*. Classes will incorporate Matwork, Reformer, Cadillac, Chairs, Barrels, and more. Classical, Circuit-Style, Theme of the Day... Whatever happens, **you are always guaranteed a good workout!**

• **The Fine Print for Group Training** • Class Schedule is subject to Change. 24 hours' notice is required if you are unable to make a scheduled class or full fees will be charged. • *(If there are less than 4 participants pre-registered for a monthly class, remaining participants will have the option to keep the class time as a Private, Duet or Trio and pay the difference between Group Training fees, and the service charge.)* • All Group Class participation is by instructor approval. • Int. and Adv. students may opt to participate in Basic, or Beginner-Intermediate classes for review and fine-tuning, because regardless of your "level" you can always learn something new, and ultimately the most basic of Pilates exercises will always be challenging! • Check with Aliesa if you're interested in adding group classes to your training plan. • New to Pilates, start with Private Training, or our Beginner Pilates Program.

Take ACTION to Improve Your Whole-Body Health... Reserve Your SPOT in Class TODAY!