



Whole body toning  
and slimming  
in 30 days!

# pilatesnapavalley

**We offer...** Apparatus Pilates classes and private training to enhance **strength** and **flexibility** for the whole body. Our dynamic fitness program targets core stability muscles from the inside out to slim, and tone the body without bulking.

## Monthly Reformer Class Packages\*

Expire 30 days from date of first use

|                                    |               |       |
|------------------------------------|---------------|-------|
| <b>2 Classes/week</b> (\$34/class) | 8 total.....  | \$275 |
| <b>3 Classes/week</b> (\$31/class) | 12 total..... | \$375 |
| <b>4 Classes/week</b> (\$28/class) | 16 total..... | \$450 |

\***Multi-month discounts apply** when purchased in advance. 3 MOS/10%, 6 MOS/15%, 9 MOS/20%, 12 MOS/25%

**One-Year "Unlimited"** Up to **5 Classes/week**.....\$3600

Rates are per person, non-refundable and cannot be shared or transferred. Monthly classes expire at the end of each 30 days.

## 90-day Reformer Class Packages

Expire 90 days from date of first use

|   |        |
|---|--------|
| <b>5 Class Pack</b> (\$40/class).....                     | \$200  |
| <b>10 Class Pack</b> (\$36/class) .....                   | \$360  |
| <b>15 Class Pack</b> (\$33/class) .....                   | \$495  |
| <b>20 Class Pack</b> (\$31/class) .....                   | \$620  |
| <b>40 Class Pack</b> (\$28/class) Great for couples!..... | \$1120 |
| <b>Single Class</b> .....                                 | \$50   |

Rates are per person and non-refundable. Packages of 20 or more may be shared with a family member. Expire after 90 days.

### Private Sessions

|                       |       |
|-----------------------|-------|
| Single Session .....  | \$85  |
| 5 Session Pack .....  | \$400 |
| 10 Session Pack ..... | \$750 |

### Duet Sessions

|               |       |
|---------------|-------|
| Single .....  | \$60  |
| 5 Pack .....  | \$275 |
| 10 Pack ..... | \$500 |

Rates are per person and non-refundable. Packages of 10 or more may be shared with a family member. *Privates: 1 student per instructor/session. Duets: 2 students per instructor/session. 55 minute sessions.* Expire after 90 days.

### **Napa Studio:**

1360 Trancas Street  
**707.253.2214**

### **Yountville Studio:**

6481 Washington Street  
(Upstairs at Spa Villagio)  
**707.927.6067**

**We strictly observe a 24-hour cancellation policy** and package expiration dates. Please plan your purchases with appts/vacations in mind.

### **Heidi Strong**

Owner :: Director  
info@pilatesnv.com  
**pilatesnapavalley.com**

## NAPA CLASS SCHEDULE

|       | M   | T | W | TH | F         | S | S |
|-------|---|---|---|----|-----------|---|---|
| 6:00  |   | ● |   | ●  | 6:30<br>● |   |   |
| 7:00  |   | ● |   | ●  |           |   |   |
| 8:00  | ◆   | ● | ◆ | ●  | ●         | ● |   |
| 9:00  | ●   | ● | ● | ●  | ◆         | ◆ | ● |
| 10:00 | ●   | ● | ● | ●  | ●         |   | ◆ |
| 11:00 |   |   |   |    |           | ● |   |
| 12-4  | <i>Privates/Groups Available by Appointment</i> |   |   |    |           |   |   |
| 4:30  |   | ● |   | ●  |           |   |   |
| 5:30  | ◆   | ● | ◆ | ●  |           |   |   |
| 6:30  | ●   | ● | ● | ●  |           |   |   |

## YOUNTVILLE CLASS SCHEDULE

|       | M | T | W         | TH | F | S                               | S |
|-------|---|---|-----------|----|---|---------------------------------|---|
| 7:00  |   | ● |           | ●  |   |                                 |   |
| 8:00  |   | ● |           | ●  |   | <i>Available by Appointment</i> |   |
| 9:00  |   | ● |           | ●  | ● |                                 | ● |
| 10:00 |   |   |           |    | ● |                                 | ● |
| 11:00 |   |   | ●         |    | ● |                                 | ● |
| 12:00 | ● |   | ●         |    | ● |                                 |   |
| 3:00  | ● |   | ●         |    |   |                                 |   |
| 4:30  | ● |   |           | ●  |   |                                 |   |
| 5:30  |   |   | 5:00<br>● | ●  |   |                                 |   |
| 6:30  |   |   |           |    |   |                                 |   |

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● Reformer Classes (55 min, all levels)

◆ Turbo Pilates (90 min) ◆ Turbo Express (55 min)

All class times are by appointment.

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