



# PILATES REFORMER

## PRIVATE SESSIONS

JCC LOS GATOS

### Pilates Options

#### Pilates Professional

Every APJCC Pilates instructor has at least 1-year of experience and a nationally accredited Comprehensive Pilates Certification. They are qualified to train healthy individuals in the Pilates method and are equipped to handle minor musculoskeletal issues.

#### Master Pilates Professional

In addition to meeting all of the requirements of the Pilates Professional, Master Pilates Professionals have 10+ years of experience in teaching the Pilates method, advanced certifications, and are qualified to adapt exercises to clients with more serious postural and musculoskeletal issues.

#### Allegro Classes

Allegro Reformers take participants up from the mat onto a lower level reformer that can roll out onto the studio floor. These classes are more personalized than mat classes, reserved in advance, and can hold up to 6 participants.

### Rates

#### Pilates Professional

One 55-minute session \$100  
Four 55-minute sessions \$380  
Eight 55-minute sessions \$730

#### Master Pilates Professional

One 55-minute session \$110  
Four 55-minute sessions \$405  
Eight 55-minute sessions \$780

#### Master Pro Duets

One 55-minute session \$80 | M: \$70  
Five 55-minute sessions \$375 | M: \$325  
Ten 55-minute sessions \$730 | M: \$630

#### Trio Classes

\$45 | M: \$35 per class w/ purchase of 10 sessions

Drop In Fee: \$50 | M: \$40

#### Allegro Classes

\$35 | M: \$30 per class w/ purchase of 10 sessions

Drop In Fee: \$45 | M: \$40

\* For a more information please contact [katier@jvalley.org](mailto:katier@jvalley.org) or call 408.357.7418