

# Pilates Plus



## Wellness Center

14400 Old Mill Rd. Ste. 201

📍 Upper Marlboro, MD 20772 📍

(301) 952-1111

### **Pilates Fee Schedule**

<b>Options</b>	<b>Pricing</b>	<b>Description</b>
Fitness Screening and Postural Evaluation	\$35.00	We will guide you through a series of basic fitness tests and complete a comprehensive postural evaluation.
Private Apparatus Lesson (55 mins.)	\$70 or 10 for \$600	One-on-One lesson on the Pilates apparatus (Cadillac, Reformer, and Chair.) First lesson includes fitness screening and postural evaluation.
Private Yoga Lesson (55 mins.)	\$70 or 10 for \$600.00	One-on-One lesson with teacher, using various blocks, props and supports. All sessions end with a guided meditation.
Private Apparatus Lesson (30 mins.)	\$40 or 10 for \$350	One-on-One lesson on the Pilates apparatus (Cadillac, Reformer, and Chair.) First lesson includes fitness screening and postural evaluation. 5-week sessions may be purchased for \$185.00
Private Mat Lesson (45 mins.)	\$50 or 10 for \$450	One-on-One mat lesson that reviews the fundamentals and biomechanics of the most popular mat exercises. You will be introduced to a variety of props that will enhance your Pilates workout.
Duet Chair Lesson (55 mins.)	\$40 or 10 for \$370	Share the cost and the fun of the chair workout with a buddy. If you don't have anyone in mind we will do our best to pair you with a partner.
Group Chair Class (55 mins.)	\$27.50 per class* Drop in rate: \$32.00	*Classes are offered in 10 week sessions. Classes are prepaid for the entire session. No credit can be issued for missed classes.
Mat Class (55 mins.)	\$12.00 per class* Drop in rate: \$14.00	*Classes are offered in 10 week sessions. Classes are prepaid for the entire session. No credit can be issued for missed classes. Several mat classes are offered weekly; see our current listing for class descriptions and times. <a href="http://www.proskillsplus.com">www.proskillsplus.com</a>

Personal Training pricing on the back → →

[Pilates@proskillsplus.com](mailto:Pilates@proskillsplus.com)

## **Personal Training Fee Schedule**

### **Description**

Personal Training sessions are provided to assist clients who are working on equipment or with free weights in terms of proper form and stretch techniques. Trainers will demonstrate or provide assistance with spotting and controlling weights when necessary. Trainers will provide a personal “work out” card for clients to follow when they are working independently.

### **Fitness Assessment Description and Pricing**


We recommend that each personal training package begin with a fitness assessment, in that assessment the following will be addressed:

- Standard measurements
- Body fat analysis
- Blood pressure recording
- Three-minute cardio test
- Basic strength and endurance testing

Cost for the fitness assessment is: \$35.00

### **On Site Pricing**

The following pricing applies to sessions which are delivered On Site.

1 Session	Single/\$70.00	Duet*/\$100.00	 30 Minute/Single/\$35.00
2 Sessions	Single/\$65.00	Duet/\$95.00	
3 Sessions	Single/\$60.00	Duet/\$90.00	

\*Duet refers to training two clients at the same time. All sessions are 60 minutes unless noted.

### **Off Site Pricing**

The following pricing applies to sessions that are delivered at the client’s location (Off Site\*\*)

1 Session	Single/\$100.00	Duet/\$130.00
2 Sessions	Single/\$90.00	Duet/\$120.00
3 Sessions	Single/\$85.00	Duet/\$115.00

\*\*this pricing applies to locations within a 20 mile radius of the studio