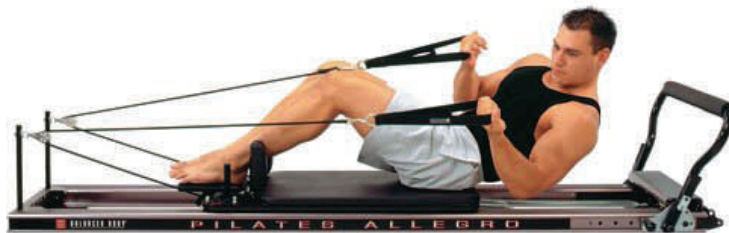


One to One Fitness Pilates Reformer Training Studio

Mastering Pilates is a journey. It takes time and consistent training to achieve its rewards. There are literally hundreds of exercises that you will find challenging, both mentally and physically. Pilates will challenge everyone—regardless of your age, sex or fitness level. Individuals of different levels can participate in the same class, as modifications can be made to accommodate everyone.

*Intro classes
FREE to all
members!*



REFORMER CLASS SCHEDULE

Mondays - 7 A.M. and 6 P.M.

Wednesdays - 10:30 A.M. and 6:30 P.M.

Thursdays - 6 P.M.

Saturdays - 9 A.M.

Group Classes:	Members	Non-Members
1 Class	\$20	\$35
5 Classes	\$80	\$150
10 Classes	\$120	\$250
20 Classes	\$200	\$400
Private Sessions:	Members	Non-Members
1 Session	\$45	\$60
5 Sessions	\$190	\$275
10 Sessions	\$360	\$500
Duet Sessions:	Members	Non-Members
1 Session	\$30	\$40
5 Sessions	\$125	\$180
10 Sessions	\$220	\$300

1·2·1

Fitness

Case Western Reserve University

1988—2008

Celebrating 20 years!

To sign up for **Group Classes**, please stop by or call the front desk at 216-368-1121. For **questions and concerns**, or to sign up for **Private or Duet Sessions**, please contact Sarah Ziance at 216-368-1123 or onetooone@case.edu.

