



Monday 9:00 - 10:15a 11:00 - 11:50a 12:00 - 1:00p 12:00 - 1:00p 4:30 - 5:30p 5:30 - 6:45p 6:00 - 6:50p 7:00 - 8:30p	Studio OM Gyrokinesis Lori S. Pilates for Osteoporosis (downstairs) Lori W. Prenatal Yoga Divya Gentle / Beginning Yoga Divya Vinyasa Yoga Daniella	Studio Shanti Power Flow Yoga Michelle Intermediate Pilates Mat Class Lori S. Pilates Mat Lori S.
Tuesday 9:00 - 10:15a 12:00 - 1:00p 5:30 - 6:20p 6:30 - 7:45p 6:30 - 8:00p	Studio OM Vinyasa Flow Jennifer /Bob Pilates w/ Props Lori S. Pilates Mat Class Eda Dynamic Hatha Yoga Delanie	Studio Shanti Iyengar Foundation Yoga Ann Intro to Yoga Series (no drop ins)* Divya *(Starts first Tuesday of each month - 4 classes - \$90)
Wednesday 9:15 - 10:45a 12:00 - 1:00p 1:00 - 2:00p 4:00 - 5:15p 5:30 - 7:00p 6:00 - 6:50p 7:10 - 8:00p 7:15 - 8:30p	Studio OM Hatha Yoga II / III Gideon Vinyasa Flow Yoga Daniella Pilates for Osteoporosis (downstairs) Lori S. Foundations of Yoga Mark T. Vinyasa Flow Mark T. Vinyasa Yoga II - III Daniella	Studio Shanti Pilates Mat Class Lori W. Pilates Chair Class Lori S. Intro to Pilates Mat (no drop ins)* Lori S. *(starts first Wed. of each month - 4 classes - \$90)
Thursday 9:30 - 10:45a 12:00 - 1:00p 12:00 - 12:50p 5:00 - 6:00p 6:00 - 7:15p 6:30 - 7:20p 7:30 - 8:45p	Studio OM Vinyasa Flow Jennifer / Bob Iyengar Foundation Yoga Ann Pre-Natal Yoga Divya Gentle / Beginning Yoga Divya Vinyasa Yoga Susannah	Studio Shanti Pilates Mat for Flexibility Lori S. Pilates Mat Class Christi
Friday 12:00 - 1:00p 12:30 - 1:20p	Studio OM Vinyasa Flow Daniella	Studio Shanti Pilates Chair Class Tanya
Saturday 8:00 - 9:30a 9:30 - 10:20a 10:00 - 11:15a 10:45 - 11:45a	Studio OM Pilates Mat Class Tanya Gyrokinesis Tanya	Studio Shanti Dynamic Hatha Yoga Staff Gentle Yoga Staff
Sunday 7:00 - 8:00a 9:45 - 10:45a 11:00 - 12:15p (8:15 - 9:45 8/17)	Studio OM Pilates Mat Class Danielle Dynamic Hatha Yoga Courtney	Studio Shanti Tai Chi (9/7) * additional fee Marie

Membership Fees - 6 mth min., \$35 sign up fee PILATES Membership - \$75 per month - Unlimited Pilates Mat YOGA Membership - \$85 per month - Unlimited Yoga UNLIMITED Membership - \$100 per month - includes any pilates mat class, gyrokinesis, yoga classes, intro classes and independent pilates equipment workout (<i>once 10 private training sessions have been completed</i>)	Group Class Fees Drop-In - \$18 (Lunch-time: \$12) 5 Class Tickets - \$80 10 Class Tickets - \$145 20 Class Tickets - \$275 Introductory Series - \$90 for 4 classes
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PERSONAL TRAINING

Pilates & Gyrotonic—One on One Training

Our private sessions are designed to provide high quality personal fitness programs. You will begin with an evaluation session and an introductory series of private sessions during which your personal program is developed. Optimal results will be maintained with a regular schedule of 2 sessions per week.

Evaluation Session - \$95 - Includes an individual evaluation with the trainer, which will include spine & gait analysis, an overview of the fundamentals of pilates (breathing & abdominal techniques) and an introduction to each piece of equipment.

\$75 per session (*one session is 50 minutes in length*)
5 sessions—\$365. Six week limit
10 sessions—\$700. 12 week limit
All training sessions paid in advance.

Semi-Private Sessions

Group instruction for up to two students training.

Single Session for 2 people - \$100 (*\$50 each*)

5 Sessions - \$225 (*\$45 each*)

10 Sessions - \$425 (*\$42.50 each*)

ReFormer Class—Pilates Apparatus

Group instruction for up to four students training on the pilates ReFormer for a fifty-minute session.

Must have completed Initial Evaluation Session and 10 one-on-one sessions.

4 Sessions - \$175 (*\$43.75 each*)

8 Sessions - \$300 (*\$37.50 each*)

12 Sessions - \$425 (*\$35.50 each*)

Circuit Training—Pilates Apparatus

Group instruction for up to seven students training on the pilates Apparatus for a fifty-minute session.

Must have completed Initial Evaluation Session and 10 one-on-one sessions.

4 Sessions - \$160 (*\$40.00 each*)

8 Sessions - \$280 (*\$35.00 each*)

12 Sessions - \$360 (*\$30.00 each*)



Summer 2008 Class Schedule

ReFormation Studio offers alternative health and fitness programs. Classes help build strength and flexibility,

body and breath awareness, balance,

confidence and a sense of well

being. Our *unique environment* is

designed to enhance body, mind, and

spirit for all adults, *regardless of*

fitness level and movement

experience. ReFormation Studio

takes an integrated approach to

wellness. *We are dedicated to*

empowering you with the tools for

health of body and peace of mind.

ReFormation Yoga, Pilates & Gyrotonic Studio
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