

Prana Pilates & Wellness Center

pranapilatespdx.com | 503 765-8822 | pranapilatespdx@gmail.com

EQUIPMENT CLASS | 55 MIN

Learn the beauty of the Pilates movement system through its spring resistance equipment. Experience a 55 minute core strengthening reformer session within a small group setting. Increase your flexibility, stability and stamina in this popular session.

1 Class \$40 90 day expiration	5 Pack \$165 90 day expiration	10 Pack \$340 90 day expiration
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PRIVATE | 55 MIN

Get 1:1 attention for a solid 55 minutes. Learn how to move your body safely, build deep muscle groups to prevent injury and better prepare yourself for a group equipment session. Great for beginner students new to Pilates. If you are advanced, deepen your work even further. Each session is customized to your specific needs and offers new ways to move through your daily life.

To schedule call Beth at 503 765-8822 or e-mail us at pranapilatespdx@gmail.com.

1 Private \$75 90 day expiration	5 Private Pack \$335 90 day expiration	10 Private Pack \$640 90 day expiration
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REHAB PRIVATE | 30 MIN

This 30 minute class is designed for people working through recovery from injury, pre- or post-operation as well as those needing shorter class times with 1:1 attention. Each session is customized to your needs and offers homework to help you heal and build muscle.

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1 Private \$35 90 day expiration	5 Private Pack \$160 90 day expiration	10 Private Pack \$320 90 day expiration
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MEMBERSHIP

Make a regular commitment to your fitness plan. Monthly group class packages help keep you moving and feeling great. See consistent progress and steady advancement in your practice. Support the life you want to create and come play Pilates with us!

6 Pack \$192 30 day expiration	8 Pack \$240 30 day expiration	10 Pack \$280 30 day expiration
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