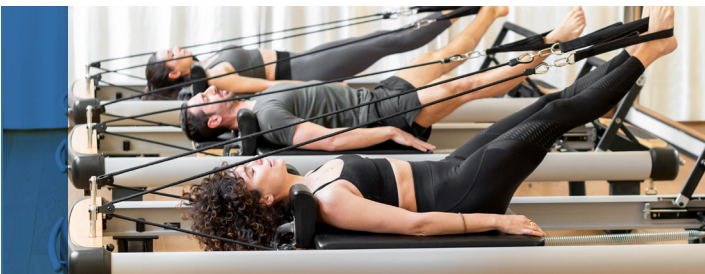


FIT-CENTIVE PILATES TRAINING

50-Minute Sessions



ONE-ON-ONE: NEW CLIENT PACKAGES

Sessions	Per Session	Total Package Price
4	\$95.00	\$380.00
8	\$90.00	\$720.00

ONE-ON-ONE: PURE POTENTIAL PACKAGES

Sessions	Per Session	Total Package Price
1	\$110.00	\$110.00
4	\$99.00	\$396.00
8	\$95.00	\$760.00
12*	\$85.00	\$1,020.00

TWO-TO-ONE: TEAM-TRAINING PACKAGES

Sessions	Per Session	Total Package Price
1	\$80.00	\$80.00
4	\$75.00	\$300.00
8	\$70.00	\$560.00

Packages expire within 10-weeks (2.5) months after the date of the first session. *12-session packages require a commitment of 2-sessions weekly, for 6 weeks.; expires after 6 weeks.



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ATHLETIC CENTER

Your community connection to education and fitness.

FIT-CENTIVE PILATES TRAINING

50-Minute Sessions

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SMCCD Community Fitness Pilates Instructors apply science-based, integrated rationale to programs designed to meet your specific health, wellness, physical and sports performance goals.

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Pilates is a form of full-body conditioning that helps build flexibility, lean muscles, strength and endurance resulting in a strong core, improved coordination, alignment, posture, balance and overall muscle tone. Our instructors have extensive training experience and are certified by nationally recognized organizations.

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