

specialties of the Studio

any of the below can be presented in a group or private setting

SpinFusion (SBH Bikes - Reformer/Tower): a delicious dose of cardio work that will expand your cardiac capacity, burning from 300 - 500 calories in its 30 minutes segueing to the deep muscle strengthening & stretching of the Reformer half-hour which will also leave you oxygenated, energized and balanced. For once, leave a comprehensive cardio workout with more energy than you came with!!

Essential Progressive (Reformer/Tower/Table): designed for those who want to move beyond the half-hour of SpinFusion to an hour class, to give you the foundations of Progressive Pilates in a group setting. Discover how Progressive Pilates connects your consciousness to your body through breath, touch and resistance for an incredibly effective, focused and fun hour that you and your body will love!!!

Prime Progressive (Reformer/Tower/Table): an intense and deeply fulfilling hour that will strengthen, condition, tone, stretch and challenge every part of you -- from your toes through your head and everything in between!! Deepen the connection to your body begun in Essential to consciously strengthen, stretch, tone and shape your body. Discover how Progressive Pilates can transform how you carry yourself outside the Studio with greater power, strength and grace. Instructor agreement requested to register.

prix fixe

what it is	what you'll get	what you'll feel	what I ask*
Amazing	2 Classes per month	You'll feel amazing, and that can carry over into renewed energy for your regular fitness routine. (After all you can't go to Leila's every night, but you can take what you learn back to your own kitchen!)	\$50.00 per month
Amazing & Improving	4 Classes per month	You will be able to build on that amazing feeling with true advancement, not just in skill, but in perceptual and measurable changes in health and fitness that will extend to your feeling better outside of the Studio.	\$96.00 per month
Amazing & Transforming	Unlimited	Fundamentally transform your level of fitness at all levels. See yourself become strong and limber while increasing energy and the feelings of well-being that come from a body truly in tune with itself and the mind inside it. Feel the power of Progressive Pilates in renewed energy, wellbeing and fitness that last throughout your day, even when you don't come in	\$175.00 per month
Personally Progressive (Privates)	up to 6 hours per month	Feel the focussed attention of a private hour designed just for you. Achieve all your fitness goals quicker and more effectively and with more fun than you would've thought possible! Ideal for people training for specific events, be they athletic (Agoura Great Race, anyone?) or personal (brides and mothers-of), rehabbing from an injury or addressing specific physical needs.	\$300.00 per month

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what it is	what you'll get	what it's for	what I ask*
Group Bundles			
One-time Treat	1 Class	Think of class packages as an affordable and necessary indulgence, when you want to come refresh, revive and stretch yourself.	\$35.00
Occasional Delight	3 Classes	Necessary because being healthy and fit is important. Indulgent because you will feel so much better after each class!! Think of it as a spa treatment that burns calories!	\$85.00
Regular Place	5 Classes		\$99.00
Frequent Favorite	10 Classes		\$180.00
Private Collection			
Playtime	1 One-on-One	Feel the focussed attention of a private hour designed just for you in packages to suit your budget and time frame. Achieve all your fitness goals quicker and more effectively and with more fun than you would've thought possible! Ideal for people training for specific events, be they athletic (Agoura Great Race, anyone?) or personal (brides and mothers-of), rehabbing from an injury or addressing specific physical needs.	\$100.00
Inspired	5 One-on-One		\$350.00
Passionate	10 One-on-One		\$550.00
Combinations			
Prime Readiness Package - I	4 One-on-One	Packages of private hours designed to prepare you for Prime Progressive classes. You will be taken through all the basic progressions of a standard Prime hour and be given the tools and skills to excel when you join in a Prime Class. The month for the unlimited starts the day of the first class taken upon completion of the 4 privates. Either package need only be taken once.	\$195.00
Prime Readiness Package - II	4 One-on-One <i>plus</i> 1 month unlimited		\$350.00 (worth \$370 if purchased separately)
Prime Readiness Package - III	2 One-on-One	Prime Readiness Package III designed for those with a foundation of previous experience and connectedness to their bodies. May be taken twice.	\$99.00

* Do not assume that the Studio is out of your budget. Let's talk. If you want to be a member, I will do my best to work with you to make it financially fair for both of us