



P4 PILATES RATE CARD PRIVATE EQUIPMENT BASED CLASSES

PRICE PER SESSION	PRIVATE	DUET	TRIO
ROBERTA	¢945	¢710 /PERS.	¢470 /PERS.
MARK	¢675	¢540 /PERS.	¢405 /PERS.
GRACE	¢675	¢470 /PERS.	¢405 /PERS.
WORLASE	¢540		

PREPAID PACKAGE PAY 10 SESSIONS, GET 1 FREE. (EXCEPT ROBERTA) (VALIDITY: 6 MONTHS)

PILATES ON EQUIPMENT: Enjoy an energizing and challenging full body workout applying the basic principles of the PILATES method. This low-intensity full-body class is perfect for those who have just started Pilates, but are anxious to see the benefits. We target the glutes, abdominals, arms and legs whilst addressing any postural imbalances.

PILATES ON REFORMER: Pilates on Reformer emphasizes control to connect to your body through focused breathing techniques using the Reformer, a sliding platform with springs and pulleys that provides resistance

Cancellation Policy:

24 hours' notice to cancel or reschedule (an 11am booked class needs to be cancelled the previous day by 11am). Failure to give adequate notice will incur a full charge for the time reserved!

P4 PILATES RATE CARD

PRIVATE MAT BASED CLASSES (TAI CHI, MAT & YOGA)



PRICE PER SESSION	PRIVATE	DUET	TRIO
ROBERTA	¢945	¢710 /PERS.	¢470/PERS.
MARK	¢540	¢405 /PERS.	¢340 /PERS.
SARAH			
GRACE	¢540	¢405 /PERS.	¢340 /PERS.
MUSTAPHA			
KHUSHI	¢540	¢405 /PERS.	¢340 /PERS.
HEMA			
PREPAID PACKAGE PAY <u>10 SESSIONS</u> , GET <u>1 FREE</u> .		(Except Roberta) Validity: 6 months	

TAI CHI class is an effective way of cultivating energy that flows during the movements, making this form of exercise a pleasure to experience.

MAT PILATES Pilates mat classes are specifically designed to suit each client's physical conditions and goals. Our instructor's will compose different exercise to enhance balance, flexibility, and physical strength

YIN YOGA: Teaches stillness, enhances focus and promotes relaxation. With an emphasis on the deep connective tissues Asanas (poses) are mostly floor based, participants hold each pose for at least 2-3 minutes.

YOGA: is a discipline which is believed to bring balance between the body and the mind through physical poses or asanas, breathing techniques or Pranayama, and meditation. Asanas are designed to improve health and remove diseases in the physical, causal, and subtle bodies. The asanas can make you feel relaxed for long periods of time and , regularly practiced, can improve muscle flexibility and bone strength, as well as willpower, concentration and self-withdrawal.

DEEP STRETCH YOGA A perfect way to unwind, this involves sun salutations, and relaxing postures bringing balance to the mind and body.

Cancellation Policy: 24 hours' notice to cancel or reschedule (an 11am booked class needs to be cancelled the previous day by 11am). Failure to give adequate notice will incur a full charge for the time reserved!

P4 PILATES RATE CARD

MEDICAL MASSAGE, PHYSIOTHERAPY & PHYSIO PILATES



MEDICAL MASSAGE	¢ 810 / SESSION
PHYSIOTHERAPY	¢ 600 / SESSION
PHYSIO - PILATES	¢ 810 / SESSION
MYOFASCIAL THERAPY	¢ 945 / SESSION
MUSCULOSKELETAL THERAPY (Cantonments Studio)	¢ 810 / SESSION
MUSCULOSKELETAL & SPORT PHYSIOTHERAPY (Airport Studio)	¢ 750 / SESSION

MEDICAL MASSAGE A tailored massage program for clients with injuries or musculoskeletal problems. Results are more effective when sessions are booked to compliment Reformer classes

PHYSIOTHERAPY helps clients with injuries and the management of neurological, neuromusculoskeletal, cardiovascular and respiratory issues.

PHYSIO PILATES helps clients with injuries and the management of neurological, neuromusculoskeletal, cardiovascular and respiratory issues and incorporating Pilates to maximize stability and core strengthening

MUSCULOSKELETAL & SPORTS PHYSIOTHERAPY Treatment of musculoskeletal, sports related, orthopedic, neurological and medical conditions using dry needling, manual therapy and rehabilitation techniques.

MYOFASCIAL THERAPY: Releases tightness or pain through myofascial tissue manipulation and vibrations

Cancellation Policy: 24 hours' notice to cancel or reschedule (an 11am booked class needs to be cancelled the previous day by 11am). Failure to give adequate notice will incur a full charge for the time reserved!