

Welcome to our studio!



Find us online and the Mind Body App!
www.pilatesindyinc.com

Mat and Fitness Classes

8-in-8 Week Package	\$112.00
8-in-16 Week Package	\$144.00
Drop-in session	\$22.00
Monthly Unlimited Mat/ Fitness Classes	\$139.00
Introductory 14 day Trial Unlimited Mat/Fitness	\$39.00

Reformer/Equipment Classes

8-in-4 Week Package	\$225.00
8-in-8 Week Package	\$240.00
8-in-16 Week Package	\$265.00
Drop-in Class	\$37.50
Introductory Drop-in Class	\$25.00

Combination Package example:

4 Mat & 4 Reformer in 4 Weeks	\$175.00
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See online for more package options.

Prices for private and semi-private sessions:

Private sessions: \$47.50—\$90
 Semi-privates: \$35-\$70
 Trios: \$30-\$60

Please note prices vary dependent on the experience level of your teacher and number of sessions purchased. Package discounts available.

Please register in advance for all classes online.

Monday

6:00am	TRX
7:00am	Barre, Bands, and Pilates
10:00am	Gentle Yoga
11:00am	Reformer/Springboard 2
1:00pm	Reformer/Springboard 1/2
5:00pm	Pilates 1/2
6:00pm	Reformer 1

Tuesday

10am	Pilates with Props
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Wednesday

6:00am	Reformer/Springboard 2
9:00am	Pilates 1/2
9:00am	Reformer/Springboard 2
10am	Reformer 1
3:00pm	Reformer/Springboard 1/2
4:00pm	Reformer/Springboard 2
6:00pm	Reformer 1

Thursday

10am	Pilates 1/2
11:00am	Reformer 1
4:15pm	TRX
6:00pm	Reformer 1
7:00pm	Reformer/Springboards 1/2

Friday

6:00am	Reformer/Springboard 1/2
7:00am	TRX
9:00am	Reformer 1
10am	Reformer/Springboard 1/2
10:00am	Teacher's Choice
11:00am	Reformer/Springboard 2

Saturday

11:00am	Pilates 1/2 Mat Mixer
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Want a class time you don't see on the schedule? Let us know and we can make it happen!