



Pat's Pilates Studio

631-813-0268

patspilateseac@gmail.com

patspilatesstudio.com

At Pat's Pilates Studio, we can work with you privately, semi-privately, and groups of three, four or five people on the apparatus (reformer, chair and tower). Go to our website patspilatesstudio.com and press "book now" to get to mind/body. Here are our prices:

Private sessions:*

1 Hr. \$65.00	(5) 1 Hr. \$300.00
45 min. \$50.00	(5) 45 min. \$240.00
30 min. \$35.00	(5) 30 min. \$170.00

Semi-private sessions (rates are given per person):*

1 hr. \$38.00	(5) 1 hr. \$180.00
30 min. \$20.00	(5) 30 min. \$90.00

Group of Three (rates are given per person):*

1 hr. \$30.00

Group of Five (rates are given per person):

1 hr. \$25.00	(5) 1 hr. \$120.00	(10) 1 hr. \$235.00	(20) 1 hr. \$450.00
45 min \$18.00	(10) 45 min. \$175.00		
30 min. \$12.50	(5) 30 min. \$60.00		

PRIVATE 45 MINUTE SESSIONS (rates are given per person):*

5 people \$18
4 people \$20
3 people \$23
2 people \$25

***Note: only group of five class can be scheduled online all other sessions must be scheduled privately (email or call us) and [paid by cash or check](#)**

SCHEDULE 2023

Follow the link on our website patspilatesstudio.com to MIND BODY.
Press **Book Now** on our website to schedule your class.

Monday:

8:00am - 8:50am Group of Five all Apparatus with Kathy
9:00am - 9:50am Group of Five **Stretch class with Kathy**

5:30pm - 6:20pm **Athletic Group of Five all Apparatus with Pat**
6:30pm - 7:20pm Group of Five all Apparatus with Pat

Tuesday:

9:30am - 10:20am Group of Five all Apparatus with Pat
10:30am - 11:20am Group of Five all Apparatus with Pat

Wednesday:

9:00am - 9:50am **Group of Five Slower Paced with Maureen**

6:30pm - 7:15pm Group of Five all Apparatus **45 minutes with Dianne**
7:15pm - 8:00pm Group of Five all Apparatus **45 minutes with Dianne**

Thursday:

9:30am - 10:20am Group of Five all Apparatus with Pat
10:30am - 11:20am Group of Five all Apparatus with Pat

Friday:

8:00am - 8:50am Group of Five all Apparatus with Pat
9:00am - 9:50am **Athletic Group of Five all Apparatus with Pat**

Saturday:

8:00am - 8:25am **Beginner Group of Five all Apparatus with Kathy/Dianne**
8:30am - 9:20am Group of Five all Apparatus with Kathy/Dianne
9:30am - 10:20am Group of Five all Apparatus with Kathy/Dianne

Sunday:

9:30am - 10:20am Group of Five all Apparatus (alternating instructors)
10:30am - 11:30am Private Session (alternating instructors)

Remember our Cancellation Policy is a minimum of 24 hours notice to avoid being charged. If you do not remove yourself from the waitlist 24 hours in advance and you get into the class, you will be charged. If you cannot make it to class, please cancel yourself so someone else can take your place. Thank you.

Please contact Pat Vaughn to schedule any additional private classes not on the schedule at 631-813-0268. All private sessions not on the schedule, must be paid by cash or check. Credit cards, Venmo or Zelle will not be accepted for these private sessions.

