

PILATES WITH KAETHE IS DESIGNED FOR PEOPLE WHO WANT TO:

Work out their brains as well as their bodies.

Have an individualized and customized plan in a (mostly) group setting.

Look and feel better in and outside of class.

Learn not just the basic movement but also why and how behind the exercise!

To build greater body awareness.

Get more out of their fitness classes or who feel like something is missing from their current fitness plan.

THIS PACKAGE IS PERFECT FOR FITNESS ORIENTED PEOPLE WHO:

Like working out in a group setting but don't want to disappear in huge class.

Feel something, known or unknown, is missing or off in their bodies.

Are patient and persistent.

Care more about long-term and long lasting results than a quick fix.

THIS PACKAGE INCLUDES:

2 private classes, each 60 min long (valued at \$180):

In these hour-long privates we will do some of the exercises that you would do in the group classes but you will get all the attention. We will do core work and a small alignment assessment and a plan to move forward. You also get the detailed attention helpful to starting to find new muscles for new muscles development.

6 group classes, each 60 min long (valued at \$120):

These group classes provide structure and consistent practice time from week to week in an energized environment. They are camaraderie based; get pain and gain with others! You will have continued growth with continued individualized attention and feedback. In addition, you will get to hear other people's corrections and feedback. You will be able to continue what was worked on in the private setting in a fun community setting that is encouraging!

Personalized Plan for Long-Term Growth (valued at \$120):

This will include three core areas of needed improvement with two to three long term goals in mind.

8 Stretch Videos (valued at \$80):

A video of a stretch each week for you to add to your own stretch routine.

1 set of Therabands *or* a small ball (valued at \$30-\$50):

We use these so much in my classes! So this would ensure you have what you need for the group classes.

Total Package Value: \$550

Total Package Cost: \$450

PRICING AND PAYMENT:

Total Package Value: \$550

Total Investment: \$450

Reduced
Price for
Covid 19 &
Virtual Training
Only!

Pay-In-Full Bonus (Value \$60):

30-min consultation at the end of the 8-weeks.

Payment options:

Pay in full:

\$50 deposit and \$400 due within two weeks of deposit.

Payment plan:

\$50 deposit and \$100 on weeks 1, 3, 5 and 7 of the program.

Package is for 8 weeks of Pilates classes. Unless specified and agreed to upfront, all sessions must be used within 12 weeks of first private session.