

MARSHALL EKLUND PILATES STUDIO

SEMI-PRIVATE SCHEDULE

619-298-1177 SanDiegoPilates.com

	MON	TUES	WED	THUR	FRIDAY	SAT
7:00	Performance		Performance		Performance	
8:00	Performance	MAT	Performance	MAT	Performance	PROS
9:00	Performance	Performance Healthy Back Principles	Jumpboard	Performance Healthy Back Principles	Performance	Performance
10:00	Performance			Performance		Performance
11:00						
5:00	Performance	Performance	Performance	Performance		
6:00	PROS Healthy Back Principles	Performance	PROS Healthy Back Principles	Performance		
7:00	PROS MAT		MAT	PROS		

**For safety and quality - we ask clients to commit to 2-3 sessions per week when booking Semis
We Are Exceptional! Our Semi-Privates are very small with 2-4 clients per trainer!**

PRIVATE SESSIONS: The perfect place to begin! Usually 10 ten sessions are great for those beginning a fitness program. Privates are ideal for those with biomechanical issues and post-rehabilitative purposes. Privates are an ideal way to help improve shoulder, neck, lower back, hip and knee dysfunction. May be booked after attending INTRO session.

PRINCIPLES SEMI-PRIVATE: Allows students with good movement experience and no biomechanical or significant injuries to participate in semi-privates without privates. May be booked after attending INTRO session and instructor approval.

PERFORMANCE SEMI-PRIVATE: Our most popular Pilates Semi-Private Session. Designed for the intermediate student. Based on Essential and Intermediate STOTT PILATES exercises utilizing Reformer, Cadillac, Chair and small equipment. May be booked after completing group of private or "Principles Semi-Private" sessions.

PROS SEMI-PRIVATE: A fast paced STOTT PILATES session, highlighted with Intermediate and Advanced exercises. Designed for the intermediate and advanced students utilizing Reformer, Cadillac, Chair and small equipment. May be booked after completing group of private or "Principles Semi-Private" sessions.

HEALTHY BACK SEMI-PRIVATE: We all have heard it! Pilates is perfect for developing a strong healthy back. This special semi-private class is designed to encourage proper mechanics of the entire spine and especially the lumbar region. Clients who are experiencing pain or have little fitness experience will be required to take some HEALTHY BACK PRIVATE sessions before joining the semi-private group. May be booked after INTRO and group of private sessions.

COMING SOON! MARSHALL EKLUND's FIT CAMP.

NOT FOR THE FAINT OF HEART!!! A HARD and AGGRESSIVE ULTIMATE WORKOUT. This is A PILATES BASED workout developed from my TWENTY YEARS of clinical experience in every aspect of fitness. This program combines AEROBICS, STRENGTH TRAINING and PILATES! Be prepared for anything. CROSS TRAINER SHOES WILL BE REQUIRED FOR PART OF THIS WORK OUT.



1-on-1 Privates

\$60.00	20 Sessions Prepaid (\$1,200)	No Expiration
\$65.00	10 Sessions Prepaid (\$650)	No Expiration
\$70.00	5 Sessions Prepaid (\$350)	No Expiration
\$75.00	Single Session	

\$10.00 add fee to all sessions to guarantee particular trainer

Privates with Director: Marshall Eklund

\$80.00	10 Sessions Prepaid (\$800)	No Expiration
\$90.00	5 Sessions Prepaid (\$450)	No Expiration
\$100.00	Single Session	

Semi-Privates

\$27.00	SUPER SUMMER SALE \$325 12 Sessions Prepaid	30 Day Expiration , No carry over, available after all other semi-privates used.
\$32.50	20 Sessions Prepaid (\$650)	No Expiration
\$35.00	10 Sessions Prepaid (\$350)	No Expiration

With only 2 to 4 Clients per trainer, our Semi-Privates are an Exceptional Value

Mat Classes

\$15.00	10 Classes Prepaid	60 Day Expiration
\$20.00	Single Class	No Expiration

As to be expected-- all prices and offers subject to change. ☺

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