

PILATES UNLIMITED

takapuna beach

SESSIONS & POLICIES

Pilates Unlimited offers private one-on-one and duo instruction as well as group mat and tower classes. There are no membership fees to join Pilates Unlimited. There is a 24 hour cancellation fee. Concessions purchased are non refundable.

ONE-ON-ONE PRIVATE SESSIONS

The best way to maximise results and the understanding of the method is by having one-on-one private sessions twice a week. Depending on your commitments talk to us and we can put together a programme that works for you.

DUO SEMI PRIVATE SESSIONS

The duo workouts are popular with clients who have a full understanding of the method and have been a client for some time. Duo sessions are to be approved by the studio and partners must be at the same level. If one duo partner is unable to keep the appointment the other has the opportunity to do a one hour one-on-one or to reschedule with their duo partner.

MAT CLASSES

Mat Classes are open to all Pilates Unlimited clients. Please note that you must have attended a beginner course or some one-on-one private sessions before taking part in a mat class. This ensures clients have a good knowledge of the Pilates Method and can do group sessions safely. To attend a mat class must be approved by the studio. Numbers in the class are limited therefore bookings are essential.

TOWER CLASSES

These classes are aimed at the level of the group. To participate, you need to be at a good intermediate level. The Tower Class combines the mat work with the wall unit apparatus to achieve a workout that is all about stretch and strength with control and resistance. The classes are for 4 people at a similar level of experience. Knowledge of the apparatus is required for safety reasons. Bookings essential.

FOUNDATION MAT CLASSES

A workout for up to 4 clients, and will include all of the Mat Foundation work, which will teach you how to engage your abdominal muscles and work from your centre. Additional to the mat work we will introduce: Leg Springs, Arm Springs and Roll Back Bar.

PRICE LIST

PRIVATE ONE-ON-ONE SESSIONS 1 HOUR

Casual Rate 1 hour one-on-one	\$85.00
10 Concession	\$680.00
5 Concession	\$390.00

PRIVATE ONE-ON-ONE SESSIONS 45 MINUTES

Casual Rate 45 minutes one-on-one	\$65.00
10 Private 45 minutes.....	\$550.00

PRIVATE ONE-ON-ONE SESSIONS 1/2 HOUR

Casual Rate 1/2 hour one-on-one	\$50.00
10 concession	\$400.00

DUO & SEMI PRIVATE 1 HOUR

Duo Casual Rate 1 hour	\$50.00
10 concession	\$400.00
20 concession	\$750.00

STARTER PACK FOR NEW CLIENTS

5x Beginner Private one-on-one lessons (Valued at \$390)	
2x Free Beginner Mat Classes (Valued at \$50)	
Total Package introductory offer	\$390.00

TOWER CLASSES - bookings essential (Maximum of 4)

Tower Class Casual Rate.....	\$45.00
Concession of 10 Tower classes.....	\$400.00

MAT CLASSES - bookings essential

Mat Class Casual Rate	\$25.00
Concession of 10 mat classes.....	\$230.00

FOUNDATION MAT CLASS bookings essential (Maximum of 4)

Casual Rate per person.....	\$35.00
Concession of 6	\$180.00

