



13010 METRO PARKWAY, FT. MYERS, FL 33966
(INSIDE FITNESS ON THE MOVE)
239-561-0295

New Mat Schedule

May 15 – June 2: Tuesdays 9am & 6:30pm, Wednesdays 10am

**There will be a single class offering on Thursday, 5/17 at 6pm*

PLEASE NOTE THIS IS A 3-week MINI SERIES:

\$45 / 3 weeks or \$18 / class. FOM members: \$36 / 3 weeks or \$15 / class

Saturday 9am class is available if there is enough interest.

Please call the studio or contact Anastasija if you would like to attend this pay-as-you-go class.

Would you like to have class at another time? Get at least 4 friends together and let us know, we will match you to an instructor and start a class that works with your schedule!

Classes are 45 – 50 minutes in length / Pre-requisite required; see options:

Option 1: Mat Introductory Package \$180: Includes (3) 45 to 50-minute private sessions plus 1 free single mat class.

Option 2: Equipment and mat introductory package for first time Pilates on the Move clients: \$275 for (5) 45 to 50-minute private sessions utilizing both mat and equipment.

Private sessions:

\$65 / single; \$300 / package of 5

\$275 / package of 5 for first time clients

Pilates for Golf available by request!