

Try us for a FREE one-week trial!

Cardiovascular Equipment & Supervised Circuit Training Available!

The Pilates apparatus is the most versatile equipment you'll find anywhere in the fitness industry allowing us to change your circuit training every 3 months. This keeps the exercises fresh, fun and challenging. Pilates circuit training requires detailed, hands-on attention by a qualified instructor to fine tune your body on the apparatus. This ensures your safety relating to your body positioning, tempo, muscle activation & accessibility, and vocabulary. Trainers will be available on the floor during designated hours to guide you through the intricacies of this amazing method as it is expertly applied to your body. The Pilates Circuit is designed for you to utilize on a drop-in basis for your convenience.

Pricing:

\$ 10 per month – Unlimited Cardiovascular use: charged once a month

\$ 15 per Circuit Workout Session – with the purchase of a Circuit Pass of 8 workouts sessions (\$120)

\$ 20 per Single Circuit Workout Session

Circuit Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>8am Un-Supervised</i>	<i>8am Supervised</i>	<i>8am Un-Supervised</i>	<i>8am Supervised</i>	<i>8am Un-Supervised</i>
<i>9:00-10am Un-Supervised</i>	<i>9am Supervised</i>	<i>9:00-10am Un-Supervised</i>	<i>9am Supervised</i>	<i>9:00-10am Un-Supervised</i>
	<i>10:00-11am Supervised</i>		<i>10:00-11am Supervised</i>	
<i>3-4:30pm Supervised</i>	<i>3-4:30pm Supervised</i>	<i>3-4:30pm Supervised</i>	<i>3-4:30pm Supervised</i>	
<i>4:30-5:30pm Un-Supervised</i>	<i>4:30-5:30pm Un-Supervised</i>	<i>4:30-5:30pm Un-Supervised</i>	<i>4:30-5:30pm Supervised</i>	
<i>5:30-7pm Supervised</i>	<i>5:30-7pm Supervised</i>	<i>5:30-7pm Supervised</i>	<i>5:30-7pm Supervised</i>	

“Supervised” circuit training indicates that a certified Pilates Instructor is at your disposal for coaching, modifications, and questions during the posted times. “Unsupervised” indicates times that the Center is open for you to utilize the Pilates Circuit without an instructor present. You are encouraged to perform only the exercises that you feel confident in doing safely.