

Joseph Pilates

The 6 Principles of His Method

Centering **Control**
Concentration **Precision**
Breath **Flow**

What is Pilates? Pilates is a method of holistic movement created by Joseph Pilates developed during the early 1900's. It is a sequence of exercises designed to strengthen the muscles from the core of the body. On a deeper level the principle of the method was intended to be used and applied to everyday activities, hence increasing one's longevity. Today there are many versions of Pilates, either Classical or Contemporary. There is only one Pure Classical Pilates Method, which is Joe's method.



Pricing Continued

Massage Therapy Sessions

Kristin Kehler, LMT

Traditional Massage:

Swedish, Deep Tissue,

Trigger Point, Pre- Natal

1/2 Hour \$42.70

1 Hour \$ 64.05

1 1/2 Hour \$85.40

(Prices include sales tax)

Myofascial Release Treatments

1 Hour \$85.40

1 1/2 Hour \$106.75

(Prices include sales tax)

Call 614-657-7996 to schedule

**All prices are subject to change without notice

Turning Point Fitness



Mobile: 614/329-2224

www.turningpointfit.com

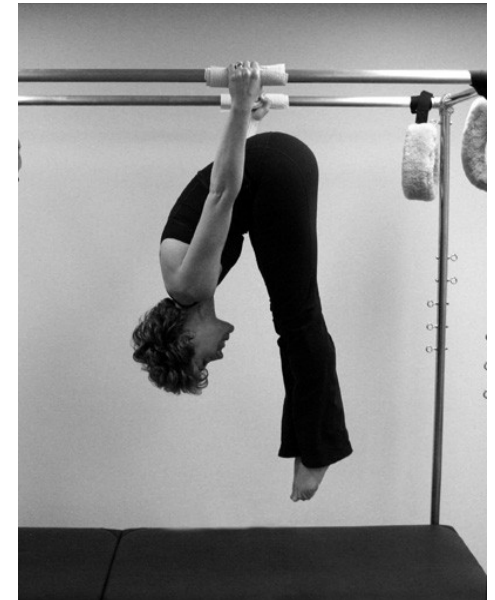
E-mail: lisa@turningpointfit.com

Lisa Hunsaker—Owner

Turning Point Fitness



"Its All About the Core"



Westerville Studio

5890 Chandler Ct.

Westerville, Ohio 43082

Lisa Hunsaker— Owner

Mobile: 614/329-2224

www.turningpointfit.com

E-mail: lisa@turningpointfit.com

An Overview

Turning Point Fitness focuses on the original teachings of Joseph Pilates, in strictly a Classical manner. We hold ourselves to the highest of standards and provide the best Classical teaching in Columbus.

In addition to offering Pilates we also specialize in custom group exercise classes, personal training and massage therapy. All of our classes are customized to fit our clients' needs and meet their fitness goals. Some of the classes we offer are:

- Zumba
- Xtend Barre
- Turbo Kick
- TRX Express
- TRX- Strength Training
- Kettlebells

Session Types

PILATES

Mat Class Training (Please see schedule for all class offerings) These classes are open mat classes consisting of various floor exercises focused on increasing core musculature and flexibility in a fun group setting.

Apparatus Training (by appointment only) a series of exercises and movements that use resistance from various apparatus providing a deeper core workout which helps increase the intensity of your mat work. These sessions focus on your personal goals and needs.

Tower Class (by appointment or registration sign up) this class uses a combination of the apparatus and mat exercises. This is a great class to start working with the Pilates Apparatus or challenge your mat work.

In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a whole new body."

Joseph Pilates

Pricing

PILATES MAT CLASS (MAT WORK ONLY)

Drop In: \$15.00

5 Class Card: \$60.00

10 Class Card: \$105.00

15 Class Card: \$135.00

TOWER CLASS (APPARTUS & MAT WORK)

Single Class: \$20.00

Class Cards are available

APPARATUS

Private Session (one-on-one)

Single Session: \$60.00

5 Sessions: \$265.00

10 Sessions: \$500.00

15 Sessions: \$720.00

Duet: \$35.00 per person

5 Sessions: \$165.00 per person

10 Sessions: \$300 per person

Semi Private: \$33 (three to four pp)

5 semi- privates: \$150.00

10 semi - privates: \$280.00

**Prices are subject to change without notice