studio pilates litues \*unlimi \*Studio \*Studio

WOW PASS
2 Weeks of Welcome!
Unlim Fitness Classes
\$35

\$110/mo

12 mo

\$1200 pd in full

\*unlimited fitness classes

\*Studio Pilates Sweatshirt

\*10% off Retail(excludes some items)

\*bring unlimited guests

(each guest can come once complimentary)

\*Priority invite to events & challenges

accelerator

\$140/mo

6 mo

\$720 pd in full

\*unlimited fitness classes

\*Studio Pilates Sweatshirt

\*bring unlimited guests

(each guest can come once complimentary)

\*Priority invite to events & challenges

Flexy

\$155/mo

3 mo

\*unlimited fitness classes

\*bring 2 guests per month

(each guest can come once complimentary)

\*Priority invite to events & challenges

1 Month Unlim

Studio Pilates GOLD Membership Includes Unlim Pilates AND Fitness Classes

Drop In \$19 10-Class Pass \$170 (3 mo expriry)



## **Workouts**

## Cardio

\*Spin \*Flow \*Piloxing \*Barre \*Circuit \*Metabolic Burn \*Bike HIIT

## Strength

\*Pilates

\*#Strong

\*Flow

\*Strength for Life

\*Piloxing

\*Barre

\*Circuit

\*Butts N Guts

\*Top Guns N Guts

\*TRX

\*Upper Body Blast

\*Yoga

\*Essentrics

\*YogaBarre

\*Metabolic Burn

\*Bike HIIT

## Flexibility

\*Pilates

\*Yoga

\*Flow

\*Strength for Life

\*Barre

\*Essentrics

\*Stretch

\*YogaBarre