

Back to Basics.
Back to Life.



Saturday pilates

212 813 2218

www.corefocuspt.com



private

Includes one on one
instruction using
all equipment/apparatus

Single session: \$115
Package of 10: \$1,000
\$100 per session
Package of 20: \$1,900
\$95 per session



semi private (2 max.)

Includes 2 people
per instructor, using reformer,
and matt/floor

Single session: \$55*
Package of 10: \$500*
\$50 per session
Package of 20: \$900*
\$45 per session



group (3 max.)

Includes 3 people
for one instructor,
only matt/floor pilates

Single session: \$38*
Package of 10: \$340*
\$34 per session
Pack of 20: \$600*
\$30 per session

**per person*

By appointment only. Can bring a friend (non therapy patient) for a "group"
Payment for packages must be collected at first session, from all clients if group.
Hours: 1pm to 3 pm, Saturdays only.