



PILATES  
FAMILY®

Do you support your body?™

We'll help you  
get in shape.  
And stay that  
way!

Getting in shape requires commitment and discipline, in addition to a careful and gradual approach. That's why we developed the Pilates Jump-Start Program.

Call us today  
to schedule  
your free  
consultation!

1209 Howard Ave #204, Burlingame, CA 94010

(650) 343-4477 • info@pilatesfamily.com • www.pilatesfamily.com

## Pilates Jump-Start™ Program

### What is the Pilates Jump-Start Program?

The Pilates Jump-Start Program is a specially sequenced, 17-week, intensive program that's built around your objectives and physical condition, as well as your schedule and commitment level. Through gradual and constant improvement, we help you successfully reach your goal with a combination of private apparatus sessions, small-group mat classes, homework assignments and personal attention by one of our certified instructors.

The program is specifically designed for individuals who have either no experience with Pilates or took time off and want to get back in shape.

### How is it scheduled?

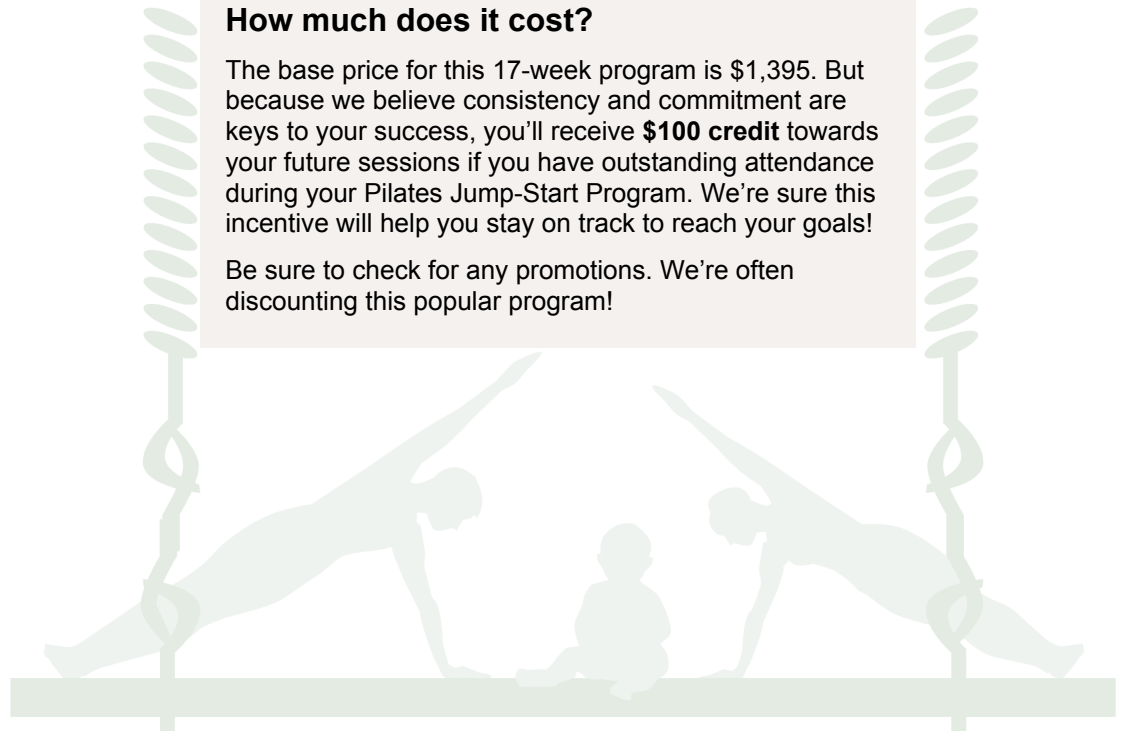
We believe that personal commitment and discipline are the most important factors in achieving your objectives, so we work with you to define a schedule ahead of time to ensure as few interruptions during the program as possible.

But because life is unpredictable, we factor in those potential breaks in the program. We'll gladly substitute a prescheduled session with a makeup session, homework, lifestyle adjustment or other instruction.

### How much does it cost?

The base price for this 17-week program is \$1,395. But because we believe consistency and commitment are keys to your success, you'll receive **\$100 credit** towards your future sessions if you have outstanding attendance during your Pilates Jump-Start Program. We're sure this incentive will help you stay on track to reach your goals!

Be sure to check for any promotions. We're often discounting this popular program!





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### What is the class-by-class breakdown?

With this specially sequenced program, you receive a total of 51 individualized classes and instruction. Sign up today and you have up to six months in which to start the program.

We're sure you'll see results in no time!

Week	Private	Mat	HW	Total
1	2		1	3
2	2		1	3
3	1	1		2
4	1	1	1	3
5	1	1	1	3
6	1	1	1	3
7	1	1	1	3
8	1	1	1	3
9		2	1	3
10	1	2	1	4
11		2	1	3
12	1	2	1	4
13		2	1	3
14		2	1	3
15		2	1	3
16		2	1	3
17	1	1		2
<b>Total</b>	<b>13</b>	<b>23</b>	<b>15</b>	<b>51</b>

HW = Homework

