



ABOUT URBAN PILATES

Urban Pilates specializes in personal attention within a group class setting, covering everything from Pilates Mat to Yoga and Power Barre. Individual instruction is also available—an ideal motivator. If you take a private lesson or join in a class we want to provide you with personal attention. Working on ways to get our clients a long, lean, strong physique with workouts that combine core strength with flexibility.

Visit Urban-Pilates.com for complete schedule and class descriptions.

Call 503.505.9203 to schedule semi-private and private sessions with an instructor.

FITNESS SUITE CLASSES

Drop In: \$15 | Package of 10: \$120

Unlimited Fitness Suite Classes: \$85/month

PILATES STUDIO

Private Pilates Sessions

Single: \$60 | Package of 10: \$540

Package of 20: \$960

Semi-Private Pilates Sessions

Single: \$35 | Package of 10: \$315

Package of 20: \$560

Personal Training Sessions

Single: \$60 | Package of 10: \$540

Package of 20: \$960

AIS Private Sessions

Single: \$60 | Package of 10: \$540

Package of 20: \$960

Hour of Power

Single: \$25 | Package of 10: \$225

Package of 20: \$400

Wall-Unit

Single: \$25 | Package of 10: \$225

Package of 20: \$400

Cardio Jump Board

Single: \$18

MEMBERSHIP ACCOUNTS

Membership accounts are used like a debit account, and offer you package discount pricing on all classes or sessions offered at Urban Pilates.

Powerhouse Account: \$1000+

The Powerhouse Account enables members to place funds on a membership account for future classes and sessions. When you purchase the Powerhouse Account you are entitled to the same pricing that **packages of 20** offer.

Scoop Account: \$300+

The Scoop Account also enables members to place funds on a membership account for classes and sessions. When you purchase the Scoop Account you are entitled to the same pricing that **packages of 10** offer.



\$30 FOR 30 DAYS

Get fit fast while experiencing all Urban Pilates has to offer.

Enjoy the Unlimited Fitness Suite

Package for thirty days for only \$30. This is an introductory offer, one time purchase only.