



MOVING FORWARD

1000 FREMONT AVENUE, SUITE 108, LOS ALTOS, CA 94024

P:650.947.8500 F:650.947.8501 W:WWW.PHYSIOFITPT.COM



PhysioFit Class Schedule

As of August 1, 2009

Each class is limited to 10-12 people for individualized attention and safe instruction.

Cost: \$15/class*

*Discounts available! See our price list for package options.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9:00						Pilates Mat (all levels) 9:00 – 9:50 Rachel
9:30						
10:00						
10:30	Pilates CardioFusion (all levels) 10:30 - 11:20 Lori		Pilates Mat (all levels) 10:30 - 11:20 Lori			
11:00						
11:30						
12:00				Pilates Mat (all levels) 12:00 - 12:45 Lori		
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00						
5:30						
6:00						
6:30						
7:00	Feldenkrais (all levels) 7:00 - 8:00 Jean	Pilates Mat (all levels) 7:10 - 8:00 Becky		Pilates Mat (all levels) 7:10 - 8:00 Becky		
7:30						
8:00						

We try to accommodate your schedule, when possible. If you would like to take a class during a time that is not currently open, please mention it to our friendly staff. With enough interest, we may open more classes for your convenience!



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PhysioFit Class Pricing

Classes

Including: Pilates Mat, Pilates Cardio Fusion and Feldenkrais

Class Package	Price (Pre-paid)	Expiration
1 class	\$15	n/a
5 classes	\$70 (\$14/class)	3 months from purchase
10 classes	\$130 (\$13/class)	4 months from purchase
20 classes	\$240 (\$12/class)	6 months from purchase

Best Value: Become a PhysioFit Contract Member, and you will be able to attend any Pilates Mat, Pilates Cardio Fusion, or Feldenkrais class throughout the month. Membership fee is only \$65/month with a one-time \$35 enrollment fee. Ask our staff for more details!

Private Pilates Equipment Sessions

Session Package	Private	Duo (2 people)	Group (3/4 people)	Expiration
1 session	\$75	\$38/person	\$25/person	n/a
5 sessions	\$350 (\$70/class)	\$175/person (\$35/class)	\$115/person (\$23/class)	3 months from purchase
10 sessions	\$650 (\$65/class)	\$320/person (\$32/class)	\$220/person (\$22/class)	4 months from purchase
20 sessions	\$1280 (\$64/class)	\$620/person (\$31/class)	\$420/person (\$21/class)	6 months from purchase