



# premium exercise options

## PREMIUM GROUP EX

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	30-MIN PILATES EXPRESS <b>(P)</b>		30-MIN PILATES EXPRESS <b>(P)</b>	30-MIN PILATES EXPRESS <b>(P)</b>	
8:30 AM		30-MIN PILATES EXPRESS <b>(P)</b>	60-MIN REFORMER PILATES <b>(P)</b>	30-MIN PILATES EXPRESS <b>(P)</b>	
9:15 AM	60-MIN REFORMER PILATES <b>(P)</b> BOOT CAMP <b>(W)</b>		BOOT CAMP <b>(W)</b>		BOOT CAMP <b>(W)</b>
10:15 AM	60-MIN REFORMER PILATES <b>(P)</b>		60-MIN REFORMER PILATES <b>(P)</b>		60-MIN REFORMER PILATES <b>(P)</b>
12:00 PM			60-MIN REFORMER PILATES <b>(P)</b>		60-MIN REFORMER PILATES <b>(P)</b>
6:00 PM	30-MIN GUT BUSTERS PILATES <b>(P)</b>	30-MIN GUT BUSTERS PILATES <b>(P)</b>	30-MIN GUT BUSTERS PILATES <b>(P)</b>	<b>P</b> Pilates Studio <b>W</b> Weight Floor	

## PILATES DESCRIPTIONS

### MVe FUSION (30 MIN)

Get a great core workout that burns serious calories with MVe Pilates chairs, Pilates power rings, dumbbells and other props.

### Mat Pilates (30 MIN)

(High-Intensity Interval Training) This class uses the Tabata and high-intensity training methods to burn more calories in explosive and effective intervals.

### MVe SYNERGY (55 MIN)

Improve both mind and body as you flow through the fundamentals of Barre training, yoga and mat Pilates in this core-focused class.

### MVe ATHLETIC (45 MIN)

An intermediate/advanced version of MVe Synergy. Recommended prerequisite: experience using the MVe Pilates chair.

### MVe TRADITIONAL (45 MIN)

Use the MVe Pilates chair and other props to perfect foundation movements and technique, strengthening and toning your entire body. All levels welcome.

### POP PILATES (55 MIN)

Set to the beat of your favorite Top 40 hits, experience an exciting, new approach to Pilates with body-defining moves.

## PERSONAL TRAINING

Westside offers private and semi-private personal training instruction for members on a per-session basis. Our staff can help with every goal, whether it's short-term weight loss or long-term healthy living. Let our personal trainers customize a fitness and wellness plan for you today.

Note: Westside requires a 24-hour cancellation notice.

### PRICING

(Per Person, Per Session)

Equipment Orientation (60 min):	Complimentary
Private Instruction (30 min):	\$35
Private Instruction (60 min):	\$60
Semi-private Instruction (60 min):	\$40

## BOOT CAMP PRICING

(Per Person)

One Class:	\$20	16 Classes:	\$260
8 Classes:	\$150	24 Classes:	\$350

## PILATES PRICING

(Per Session)

1 Person		2 People	
Private (30 min):	\$35	Semi-private (30 min):	\$25
Private (60 min):	\$70	Semi-private (60 min):	\$50
4+ People			
Semi-private (30 min):	\$15		
Group Class (60 min):	\$30		