

Experience the Benefits

- Promotes weight loss, longer and leaner muscles
- Increased core strength
- Improved flexibility & mobility
- Decreased pain & stiffness
- Improved posture & alignment
- Improved muscular balance
- Injury prevention
- Increased energy
- Greater mind-body awareness
- Reduced stress
- Increased circulation
- Whole-body fitness: train the body as a integrated whole
- Adaptable to many fitness levels & need

Which Packages are Best for Me?

One-On-One (1:1) Sessions:

During your private session, you will work primarily on the Studio Reformer and the Wunda Chair. Your instructor will customize your workout according to your needs and may include other Pilates apparatus such as the Trapeze Table and the Ladder Barrel.

Duet Sessions:

Bring a friend and learn Pilates together-when training with a partner, motivation can be stronger and results can be greater than training alone. In duets, you and your partner will also use the same apparatus used in private sessions.

Group Reformer Sessions:

Our Group Reformer sessions consist of 3-5 people working on our Studio Reformers, which use a sliding carriage and adjustable springs to regulate tension and resistance. Cables, bars, straps and pulleys allow the exercises to be done in a variety of positions.

Group Apparatus Sessions:

Our Group Apparatus sessions also consist of 3-5 people. You will work on the Studio Reformer, the Wunda Chair, Towers, and Ladder Barrel in a circuit type of class. The instructor may also include Mat Pilates exercises for an additional challenge in your workout.

CLUB HOURS

Monday - Friday 5:30 AM - 10:00 PM
Saturday & Sunday 7:00 AM - 7:00 PM

SAN MATEO ATHLETIC CLUB

At College of San Mateo
Health & Wellness Building, Bldg. 5
1700 W. Hillsdale Boulevard
San Mateo, CA 94402

Phone: 650.378.7412 x6025

Email: Sybille Draper - drapers@smccd.edu
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PILATES

PRIVATE & GROUP TRAINING



MINDSET



NUTRITION



MOVEMENT



RECOVERY



PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY

WHERE EDUCATION MEETS FITNESS



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PILATES TRAINING PACKAGES

MEMBER PRICING

Starter Packs: 50 Minutes

(One-Time Purchase for New Clients Only)

Instructor Tier:	T1	T2
Intro Package (1:1)		
3 Sessions	\$225	\$231

Jump Start Package (1:1)		
8 Sessions	\$584	\$600

Intro Small Group Package	
4 Sessions	\$105

1:1 Sessions:	50 Minutes	30 Minutes
Instructor Tier:	T1 T2	T1 T2
Single Session	\$89 \$93	\$62 \$66
5 Sessions	\$420 \$430	\$280 \$290
10 Sessions	\$790 \$810	\$530 \$550

**Loyalty Pkg:	50 Minutes	30 Minutes
Instructor Tier:	T1 T2	T1 T2
8 Sessions (4-wk exp)	\$608 \$624	\$408 \$424
12-Sessions (6-wk exp).....	\$864 \$888	\$588 \$612

Duet Training:	50 Minutes (Price per Person)
Instructor Tier:	T1 T2
Single Sessions	\$63 \$67
5 Sessions	\$290 \$300
10 Sessions	\$545 \$565

*Small Group Classes: 50 Minutes

(3-5 participants per group class)

*Drop-In Session (Members)	\$38
8 Sessions	\$272

*24 hours advanced reservation required.

Packages (excluding Loyalty Packages) expire within three (3) months after the date of the first session.

**Loyalty packages apply to clients training consistently a minimum of two times per week. Expiration dates are set from the date of purchase. These sessions may not roll over.

Contact SybilleDraper@drapers@smccd.edu to sign up

Our Instructors

Our Pilates Instructors have extensive experience and strong educational backgrounds. They are certified by nationally recognized organizations and are diverse in their training experiences. We offer Pilates Training at two different tiers:

TIER 2 - PILATES INSTRUCTOR (T1)

- Has <3 years training experience
- National Certification
- Adult CPR/AED Certified

TIER 2 - PILATES INSTRUCTOR (T2)

- Has 3+ years training experience
- National Certification
- Advanced Degree or Specialized Certification
- Adult CPR/AED Certified

What is Pilates?

Pilates is a form of full body conditioning that helps build flexibility, long, lean muscles and strength and endurance resulting in a strong core, improved coordination, alignment, posture, balance and overall muscle tone. The Pilates method is named after Joseph H. Pilates, who developed a system of whole body exercises that integrate the body and mind. Professional dancers have used Pilates for decades. Elite athletes use it for strength, flexibility and injury prevention. Pilates exercises can be modified for each person and still be extremely effective. Exercises range from basic to very advanced and are adaptable to any body type and fitness level. Whether you are taking your fitness program to the next level or just finishing physical therapy, Pilates is an excellent way to achieve and maintain optimal fitness and overall well-being. Let our highly qualified instructors take you through a demo to experience the true essence of Pilates.

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