

Private Pilates Reformer Sessions



Personalized Fitness for You, LLC provides a new full-body training experience.

Experience the highly versatile Pilates reformer training method. There are hundreds of exercises that improve your core, strength, and flexibility. The results are lean, long muscles, firmer abdominals, improved posture, and increased energy levels.

The reformer is designed to fulfill the needs of regular exercisers and athletes. Also, it allows for modification for those who have an injury or a special condition. This body-sculpting workout will leverage specific pilates movements to improve the overall mind to muscle connection. You will develop lean muscles without added bulk while balancing and strengthening your entire body!

Each private session is personally customized and your first session is complimentary.

www.personalizedfitnessforyou.com



Contact Joy to set up your private session:
email joy@personalizedfitnessforyou.com
or call 812.524.7747



Private Pilates Reformer Sessions

Your personal sessions will focus on proper technique, form, and will be customized to your individual needs. Personalized Fitness for You works individually to provide the exact exercise routine to meet your needs. Positioning, alignment and custom professional equipment is core to your success; that is why we focus on each person one on one.

Private Session Prices

35 Minute Sessions	1 Hour Sessions
10 sessions = \$250	10 sessions = \$350
20 sessions = \$450	20 sessions = \$575
25 sessions = \$515	25 sessions = \$750

**Your first session is complimentary*

Specialized Training

Pilates is a unique method of body conditioning named after German-born Joseph H. Pilates. The Pilates method is a physical movement program designed to stretch, strengthen and balance the body without adding bulk. Pilates exercises focus on postural symmetry, breath control, abdominal strength, spine, pelvic and shoulder stabilization, muscular flexibility, joint mobility, and strengthening through the complete range of motion of all joints. Instead of isolating muscles groups, the whole body is trained.

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