



First Floor  
16 – 18 King Street  
Southwell  
Notts  
NG25 0EN

E: Heather@movewithpilates.co.uk  
T: 07817 193818

### PRICE LIST 2019

| Session type   | Maximum number of participants | Minimum booking                            | Price**  |
|--|--------------------------------|--|--|
| Reformer class   | 6                              | Introductory Taster 1:1 session (30 mins)* | £16  |
|  |                                | Introductory 1:1 session* + 6 sessions     | £80  |
|  |                                | 6 sessions                                 | £72  |
| <i>*The introductory 1:1 session is compulsory for anyone joining a reformer class</i>   |                                |  |  |
| Matwork class  | 7                              | 6 sessions                                 | £48  |
| Private session (1:1)  | 1                              | 1 session                                  | Initial session - £40<br>Follow-on sessions £35<br>Prebook 6 follow-on sessions for £175 |
| Small groups (reformer)  | 3                              | 1 session                                  | £20/person<br>Prebook 6 follow-on sessions £100/person                                   |
| <i>**All bookings must be paid for in full, in advance, in order to reserve a place in the class.</i>  |                                |  |  |
| <p><i>Last minute 'drop-in' sessions are sometimes offered in group classes for anyone who does not wish to sign up for a 6 week course, but these sessions are subject to ability, and the availability of a space in the class 1 hour before the start.</i></p> <p><i>'Drop-in' sessions cost £10 for matwork classes, and £15 for reformer classes (anyone wishing to join a reformer class must have completed an introductory/taster session beforehand).</i></p> |                                |  |  |