



mindful body

pilates studio

Schedule & Policies

ALL CLASSES ARE BY APPOINTMENT ONLY

Classes & Times subject to change. Please visit our website for current information.

Try our new
ONLINE SCHEDULING!



GROUP CLASS SCHEDULE

MONDAY:

10am-11am Equip class
6pm-7pm Equip class

TUESDAY:

9am-10am Equip class
12pm-1pm Tower class
5:30pm-6:30pm Reformer class

WEDNESDAY:

10am-11am Equip class
5:30pm-6:30pm reformer class

THURSDAY:

3pm-4pm Mat class
5:30pm-6:30pm Equip class

FRIDAY:

10am-11am Tower class
1pm- 2pm Equip class ii

Studio Policies:

- ° All sessions are 55 minutes in length.
- ° We have a 24 hour cancelation policy on all scheduled classes.
- ° You must have taken at least three Private Pilates lessons before you can sign up for Equipment classes.
- ° All class packages expire in 4 months from purchase.
- ° Please turn off all cell phones when entering the studio.
- ° Please do not come to class if you are sick.
- ° Please no perfumes or scented lotions in the studio.

w(843)402-0071
c(843)817-4986

Mindful Body Pilates Studio
24 Windermere Blvd.
Charleston, SC 29407

www.themindfulbody.net

Rates

You must sign up and pay for the following classes in advance:

Intro to Pilates - \$ 195.00

Includes 3 private lessons & 1 equipment class

This is the perfect way to begin your Pilates program and prepare you for all of our classes offered!

PRIVATE Classes:

Senior Instructor:
1 Private class \$70.00
10 Private classes - \$650.00

Instructor:
1 private class-\$65.00
10 private classes-\$600.00

Semi- Private Classes:

Senior Instructor:
1 Semi- class-\$50.00
10 Semi- classes- \$450.00

Instructor:
1 Semi- class-\$45.00
10 Semi-classes-\$400

Mat class

1 Class- \$20.00
10 classes- \$170.00

Equipment class

(tower,reformer,chair,etc...)
1 Class-\$35.00
10 Classes- \$300

GYROTONIC

Intro to GYROTONIC - \$ 195.00

Enjoy 3 private GYROTONIC classes & 1 GYROKINESIS class as great way to start you on your GYROTONIC journey!

GYROTONIC classes:

1 Private \$70.00
10 Private classes-\$650.00

GYROKINESIS Class

1 GK Class-\$20.00
10 GK Classes- \$170.00

GYROTONIC Duet class

1 GYRO- Duet- \$50.00
10 GYRO-Duets-\$450.00



PRE-REGISTER • CALL TODAY!

843.402.0071