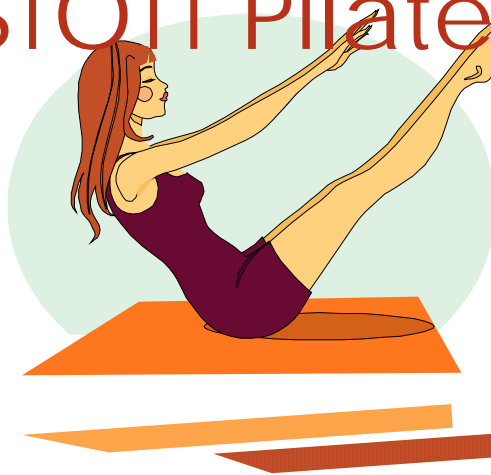


BAY TENNIS & FITNESS

STOTT Pilates



Benefits of STOTT Pilates

- Improves posture
- Improves strength
- Longer, leaner muscles
- Non-impact, easy on joints
- Improves sports performance
- Balances strength and flexibility
- Can be customized to suit everyone
- Improves balance, coordination, circulation
- Complements other methods of exercise
- Enhances functional fitness, ease of movement

About STOTT Pilates

STOTT Pilates is a contemporary anatomically based exercise method. Its exercises safely deliver optimal strength, flexibility, and endurance without adding bulk. This stress relieving method can be performed on a mat or using dedicated STOTT equipment.

Price List

Reformer / Cadillac

	Member	Non-Member
Private Session	\$60	\$70
6 pack	\$342	\$378
12 pack	\$672	\$699
24 pack	\$1,272	\$1,320
Duet	\$40	\$46
6 pack	\$228	\$262
12 pack	\$442	\$508
24 pack	\$864	\$990
Trio	\$34	\$38
6 pack	\$193	\$216
12 pack	\$375	\$419
24 pack	\$730	\$820
Small Group (4)	\$30	\$34
6 pack	\$169	\$190
12 pack	\$331	\$365
24 pack	\$599	\$699
Mat Pilates Group Classes	\$6	\$10

Club hours: M-T: 5AM-9PM, F: 5AM-8PM, Sat/Sun: 7AM-7PM

Bay Tennis & Fitness * 611 Woodview Dr * Harbor Springs, MI 49740 * 231-487-1713

www.baytennisandfitness.com