

THE EQUIPMENT

The use of the Universal Reformer in combination with other exercises and equipment such as the Cadillac (Trapeze Table), Wunda Chair, Step Barrel and Allegros at Pilates Pointe will contribute to the strengthening and reshaping of your body.



PILATES POINTE STAFF

The staff at Pilates Pointe consists of degreed and/or nationally Pilates trained/certified professionals. In addition, all staff hold CPR/AED certifications. Our team is excited to help you get started!



9950 Calumet Avenue, Munster, IN 46321
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**COMMUNITY
HEALTHCARE SYSTEM®**
Community Hospital Fitness Pointe®

PILATES POINTE



**For more information
call 219-924-5348**

What is PILATES POINTE?

Pilates Pointe is built on the fundamental principles of the Pilates method created by Joseph Pilates. The exercises work from your body's 'center' to develop a long, lean, flexible musculature while integrating the mind and breath to create a balanced body.

With our certified instructors and advanced equipment, Pilates Pointe offers Pilates classes, programs and studio membership for EVERY body. Located in the beautiful Fitness Pointe facility, Pilates Pointe offers programs for:

- Athletes
- Postnatal Moms
- Deconditioned/New Exercisers
- Dancers
- Fitness Enthusiasts
- Teens

We guarantee that your experience will be purposeful, transformative and best of all, tailored to your individual needs. Pilates Pointe not only offers programs for individuals, partners (two individuals) and small groups, but also offers a studio membership plan.

PILATES POINTE MEMBERSHIP

STEP 1 - PERSONAL ORIENTATION Call 219-924-5348 (ext 32723) to set up an appointment

Your Pilates Pointe Month-to-Month membership begins with a REQUIRED MINIMUM THREE (3) session Personal Orientation* where your customized Pilates program will be developed and taught.

Additional sessions, billed at the 'INDIVIDUAL SESSION RATE' may be required based on individual needs

3 SESSION PERSONAL ORIENTATION PRICING Fitness Pointe Members. \$120 Non-Fitness Pointe Member. . . . \$150

STEP 2 - MEMBERSHIP RATES

(No Contracts - Monthly Electronic Fund Transfer Required - 30 Day Written Notice to Cancel Required)

Fitness Pointe Members. \$29/month (must be concurrent, active Fitness Pointe Member) Non-Fitness Pointe Member. . . . \$52/month

STEP 3 - STUDIO USE & HOURS

The Pilates Pointe Studio offers Supervised (Pilates Certified Professional oversight) as well as Open Hours (Independent use of Pilates Pointe with monitoring by Certified Fitness Professionals) for your convenience.

Once you are competent performing your tailored Pilates Program, you will be allowed to use the Pilates Pointe Studio and attend the COMPLIMENTARY Tune-Up** classes. See Pilates Pointe for schedule.

** Tune Up Classes are 25 minutes in length with a limit of four per class. Tune Up classes target different body parts and change monthly. Pre-registration is required.**



ADDITIONAL SERVICES

INDIVIDUAL SESSIONS

If you do not wish to become a member of Pilates Pointe, individual Pilates sessions are available by appointment only.

- \$49 – Single Session (FP Member)
- \$59 – Single Session (Non FP Member)
- \$230 – 5 Session Package (FP Member)
- \$285 – 5 Session Package (Non FP Member)
- \$440 – 10 Session Package (FP Member)
- \$540 – 10 Session Package (Non FP Member)
- \$1,200 – 30 Session Package (FP Member)
- \$1,500 – 30 Session Package (Non FP Member)

ALLEGRO COACH CLASSES

Allegro COACH is a 8 week, small group program (meeting once/week) using the Pilates Allegro Reformer. This small group environment (maximum of 5 participants) provides a progressive, yet individualized, Pilates training experience. Pre-registration is required. This program is not recommended for individuals with chronic medical issues.

- \$128 – 8 week COACH program (FP Member)
- \$152 – 8 week COACH program (Non FP Member)