

## 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  
Phone: 219-924-5348 | [fitnesspointe.org](http://fitnesspointe.org)



**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 personal training and studio membership.

Located in the beautiful Fitness Pointe facility, Pilates Pointe offers personal training for:

- Athletes
- Postnatal Moms
- Deconditioned/New Exercisers
- Post Physical Therapy
- 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 personal training 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 \$99

### 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

Once you are competent performing your tailored Pilates Program, you will be allowed to use the Pilates Pointe Studio during the hours Fitness Pointe is open.



## ADDITIONAL SERVICES

### INDIVIDUAL PERSONAL TRAINING 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

Allegro COACH is a 9-week, Small Group Training program (meeting once/week) using the Pilates Allegro Reformer. This small group environment (minimum of three/maximum of five participants) provides a progressive, yet individualized Pilates training experience. Pre-registration is required. Allegro COACH is not recommended for individuals with chronic medical issues.

\$144 – 9-week Allegro COACH (FP Member)

\$171 – 9-week Allegro COACH (Non FP Member)