

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, Ladder 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



**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 for individuals, partners (two individuals) and COACH Small Group Training.

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.

INDIVIDUAL PERSONAL TRAINING SESSIONS

Individual

(One person)

Single session

\$49 (member)

\$59 (non-member)

5 session package

\$230 (\$46 per session/member)

\$285 (\$57 per session/non-member)

10 session package

\$440 (\$44 per session/member)

\$540 (\$54 per session/non-member)

30 session package

\$1,200 (\$40 per session/member)

\$1,500 (\$50 per session/non-member)

Partner

(Two people training together with one trainer)

Single session

\$75 (\$37.50 per person/member)

\$95 (\$47.50 per person/non-member)

5 session package

\$350 (\$35 per person session/member)

\$460 (\$46 per person session/non-member)

10 session package

\$660 (\$33 per person session/member)

\$860 (\$43 per person session/non-member)

30 session package

\$1,800 (\$30 per person session/member)

\$2,400 (\$40 per person session/non-member)



COACH Small Group Training

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.

\$147 (FP Member)

\$174 (Non FP Member)