

MONDAY

7:10 - 8:00am	Zumba!†	Chela
8:10 - 9:00am	Pilates - Level 2	Sherrese
9:10 - 10:00am	Pilates - Level 1 & 2	Sherrese
10:10 - 11:00am	Seniors Pilates ☺	Kathy
10:10 - 11:00am	Sculpt & Tone*	Sherrese
11:10 - 12:00pm	Zumba!†	Sonya M.
12:10 - 1:00pm	Pilates Deep Stretch	Jenn
12:10 - 1:00pm	Pilates - Level 2 & 3*	Jennifer
1:10 - 2:00pm	Pilates for Bones - Lvl 1	Kelly
4:10 - 5:00pm	Pilates - All Level	Sonya M.
5:10 - 6:00pm	Pilates - Level 1 & 2	Jenn H.
5:10 - 6:00pm	Boot Camp*†	Maggie M.
6:10 - 7:00pm	Zumba!†	Maitane
6:10 - 7:00pm	Power Yoga*	Clare

TUESDAY

6:45 - 8:00am	Yoga - All Levels	Monica
8:10 - 9:00am	Pilates - All Level	Monica
9:10 - 10:00am	Boot Camp/Circuit†	Sherrese
10:10 - 11:00am	Pilates Ball - Level 2 & 3	Loni
11:10 - 12:00pm	Pilates in Motion†	Clare
12:10 - 1:00pm	Lunchtime Yoga 1&2	Heidi
12:10 - 1:00pm	Pilates - Level 1 & 2*	Loni
1:10 - 2:00pm	Zumba!†	Chela
3:00 - 4:00pm	Meditative Chi Gong	Ardath
5:10 - 6:00pm	BODECI Workout†	Debra D.
6:10 - 7:00pm	Zumba†	Fernanda
6:10 - 7:00pm	Intro to Pilates*	Jamie
7:10 - 8:25pm	Gentle Evening Yoga	Clare

WEDNESDAY

9:10 - 10:00am	Pilates - Level 1 & 2	Sonya M.
10:10 - 11:00am	Seniors Pilates ☺	Kathy
10:10 - 11:00am	Pilates - Level 2 & 3*	Sherrese
11:10 - 12:00pm	Zumba!†	Monica
12:10 - 1:00pm	Pilates for Bones ☺	Monica
12:10 - 1:00pm	Sculpt & Tone*	Sonya M.
4:10 - 5:00pm	Pilates - All Level	Jordan
5:10 - 6:00pm	Pilates - Level 2	Sonya M.
5:45 - 7:00pm	PreNatal Yoga*	Maggie B.
6:10 - 7:00pm	Pilates - Level 1 & 2	Brittany S.
7:10 - 8:00pm	Zumba!†	Fernanda

MONTHLY UNLIMITED PRICING

- \$50** Unlimited classes for your first 30 days. Try it all!
- \$75** Unlimited classes \$75 per month for the next three months with signed agreement.
- \$95** Unlimited classes \$95 per month on-going with signed agreement.

PER CLASS RATES

All classes on this schedule

1 Class	\$14
5 Class Card	\$65
10 Class Card	\$120
15 Class Card	\$165

KEY

- * - Class in Small Classroom
 - † - Wear shoes to this class
 - ☺ - Osteoporosis Friendly Class
 - Level 1 = Beginning
 - Level 2 = Intermediate
 - Level 3 = Advanced
- = Cardio/Dance
 - = Pilates
 - = Power Workout
 - = Yoga

THURSDAY

6:45 - 8:00am	Yoga - All Levels	Monica
8:10 - 9:00am	Pilates Level 1 & 2	Clare
9:10 - 10:00am	Boot Camp/Circuit†	Sherrese
10:10 - 11:00am	Pilates Ball - Level 2 & 3	Sherrese
11:10 - 12:00pm	Zumba Basic!†	Clare
12:10 - 1:00pm	Pilates Deep Stretch	Jenn
3:10 - 4:00pm	Tiny Tots Mvment Ages 3 & 4†	Brittany S.
4:10 - 5:00pm	Kid's Zumba Ages 7 - 10†	Brittany Mc.
5:10 - 6:00pm	BODECI workout†	Debra D.
6:10 - 7:00pm	Zumba!†	Chela
6:10 - 7:00pm	Pilates - Level 1 & 2*	Jamie
7:10 - 8:10pm	Barre Toning	Brittany S.

FRIDAY

8:45 - 10:00am	Gentle Yoga ☺	Jenn
9:10 - 10:00am	Pilates - Level 2*	Jennifer
10:10 - 11:00am	Pilates - Level 1 & 2 ☺	Jordan
10:10 - 11:00am	Sculpt & Tone*	Jenn
11:10 - 12:00pm	Zumba!†	Monica
12:10 - 1:00pm	Lunchtime Yoga 1 & 2	Clare
1:10 - 2:30pm	Gyrokinesis	Siena
5:10 - 6:00pm	Pilates - Level 1 & 2	Sonya McV.
6:10 - 7:00pm	Zumba!†	Maitane

FIRST FRIDAY OF THE MONTH:

7:15 - 8:15pm	Feel The Vibe Yoga	Jenn/Brian
---------------	--------------------	------------

SATURDAY

8:00 - 8:55am	BODECI Workout†	Debra D.
8:00 - 9:00am	Easy Flow Yoga*	Clare
9:10 - 10:00am	Pilates - Level 1 & 2	Sonya M.
10:10 - 11:00am	Intro to Pilates*	Pilates Team
10:10 - 11:00am	Pilates - Level 2	Jeanne-Marie
11:10 - 12:00pm	Pilates - Level 1*	Pilates Team
11:10 - 12:00pm	Zumba!†	Zumba Team
12:10 - 1:00pm	Pilates/Stretch - Level 1 & 2	Fernanda

SUNDAY

8:10 - 9:00am	Boot Camp†	Maggie M.
9:10 - 10:00am	Pilates - Level 1 & 2*	Brittany S.
9:10 - 10:10am	Yoga - All Levels	Maggie B.
10:15 - 11:15am	Barre Toning	Brittany S.
11:40 - 12:30pm	Zumba†	Brittany Mc.

TONE

PILATES DANCE YOGA
www.tonefitness.com

Equipment groups sessions consist of 3 or 4 people working with 1 teacher on the reformers, trap tables, chairs, mats and springboards. You must have taken 10 pilates mat classes. This is a workout. It is not intended for injuries or individualized attention.

Book at the front desk or online!

MONTHLY PRICING

with signed 3 month minimum agreement

1 session per week	\$100
2 sessions per week	\$190
3 sessions per week	\$280

PER EQUIPMENT GROUP SESSION RATES

1 Class	\$35
5 Class	\$165
10 Class	\$300

Equipment Group - OPEN

Mondays at 1:05pm Loni
Wednesdays at 12:05am ... Jenn
Wednesdays at 5:05pm Catherine
Thursdays at 7:05am Sherrese
Thursdays at 8:05am Sherrese
Thursday at 12:05pm Sherrese
Fridays at 4:05pm Sonya McV.

(Appointment availability is subject to change)

Equipment Group - Drop-in Only

Wednesdays at 8:05am Sherrese
Thursdays at 5:05pm Catherine
Thursdays at 6:05pm Catherine
Fridays at 8:05am Sherrese
Fridays at 10:05am Sonya
Saturdays at 10:05am Sonya McV.

(Appointment availability is subject to change)

INTRO OFFER FOR PILATES OR YOGA

Private Instruction (with Certified Teacher)

3 Sessions - \$175

PILATES

Regular Rates - Pilates (sessions are 55 minutes)

Private Pilates Equipment	One	Five	Ten
Studio Director - Monica	\$95	\$450	\$850
Senior Teacher - Kathy	\$80	\$375	\$700
Certified Teacher	\$75	\$350	\$650

Semi-Private Pilates Equip	One	Five	Ten
Monica and Kathy	\$70	\$325	\$600
Certified Teacher	\$50	\$225	\$400

Equipment Groups	One	Five	Ten
Monica and Kathy	\$55	\$250	\$450
Certified Teacher	\$35	\$165	\$300

To discover the depth of your Pilates practice, we recommend doing Pilates 2 - 3 times a week whether this is all private or all group classes or a mix of both is up to you.

YOGA

Regular Rates - Yoga (sessions are 55 minutes)

Private Yoga	One	Five	Ten
Yoga Therapist - Monica	\$95	\$450	\$850
Certified Teacher	\$75	\$350	\$650

Semi-Private Yoga	One	Five	Ten
Yoga Therapist - Monica	\$70	\$325	\$600
Certified Teacher	\$50	\$225	\$400

To discover the depth of your yoga practice, we recommend creating a daily practice with a teacher and checking in with a 55 minute session at least once a month.

NUTRITION

NUTRITION SERVICES

Metabolic Typing	\$199
Nutrition Consulting	
1 - One Hour Session	\$75
1 - 1/2 Hour Session	\$40
3 - 1/2 Hour Sessions	\$105 (save \$15)
6 - 1/2 Hour Sessions	\$180 (save \$60)
Purification Program	
Group Rate	\$299
Individual	\$349

For our nutrition program to be effective, we recommend creating a plan with our nutritionist and a 1/2 hour check-in with her once a month.

TEACHER TRAINING

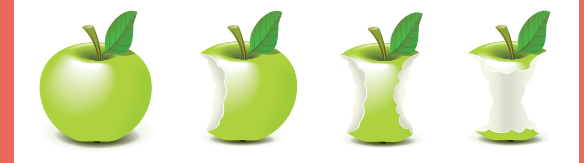
Tone is recognized by the American Council on Exercise as a Continuing Education Specialist. Participants will receive 0.30 ACE and 3 PMA CEC's for each workshop.

One Workshop	\$120
Ten Workshops	\$960 (20% discount)

All workshops are held on Saturdays from 1 - 4pm

January 21st - **Core Matters** - Katherine Dowdney
February 18th - **Breath** - Monica Anderson
March 17th - **Understanding the Pelvic Floor** - Katherine D.
April 21st - **Exploring Posture** - Katherine Dowdney
May 19th - **Gait** - Monica Anderson
June 16th - **Teaching Inspired** - Monica Anderson
July 21st - **Working with Seniors** - Monica Anderson
August 18th - **Pre/Post Natal** - Katherine Dowdney
Sept 15th - **Upper Quadrant: Shoulder** - Katherine D.
Oct 20th - **Lower Quadrant: Foot** - Katherine D.

Please see our website for course descriptions and registration information.



JANUARY

Pilates

Group Classes
Pilates Equip Sessions
Private Mat

Yoga

Group Classes
Private Instruction

Dance

Zumba!
Barre Toning

Nutrition

Metabolic Typing
Purification Program
Nutrition Consultant
Group Weight Loss

Teacher Training

Mat Certification
Equipment Certification
Continuing Education

Kid's Classes

Zumba
Tiny Tots

Planning a Party? Our studio is available for private zumba, pilates or yoga classes. We provide the space, teacher and fun. You provide the folks! Inquire at the front desk for more details

TONE

PILATES • DANCE • YOGA

850 Fourth Street
Santa Rosa, CA 95404
707.526.3100

www.tonefitness.com

