

springboard sessions

Regular Rates	One	Five	Ten
50 minute Springboard Session	\$20	\$95	\$180

** Monthly Unlimited PLUS - Unlimited classes PLUS 4 springboards sessions \$195 with a signed agreement**

monday

10:10 - 11:00am ... Springboard - Level 2 ... Sherrese
4:10 - 5:00pm..... Springboard - Level 2 ... Sonya M.

tuesday

5:10 - 6:00pm..... Springboard - Level 1 ... Cynthia

wednesday

8:10 - 9:00am Springboard - Level 3 ... Sherrese
10:10 - 11:00am ... Springboard - Level 1 ... Sonya M.
12:10 - 1:00pm Springboard - Level 2 ... Sonya M.

thursday

10:10 - 11:00am ... Springboard - Level 1 ... Loni B.
12:10 - 1:00pm Springboard - Level 1 ... Loni B.

friday

10:10 - 11:00am ... Springboard - Level 1 ... Loni B.
12:10 - 1:00pm Springboard - Level 2 ... Sonya M.

saturday

8:10 - 9:00am..... Springboard - Level 2 ... Sherrese

Prerequisites

- If you are currently taking mat classes AND have taken 5 or more mat classes, then you can take Springboard - Level 1
- If you have taken the Introductory Private Session, the New Client Special and are currently practicing Pilates on the equipment or you have taken 5 Springboard - Level 1, then you can take Springboard - Level 2 or 3.