

2023 PILATES SCHEDULE

Hour:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	All Level		All Level		All Level	
7:00		All Level		All Level		
8:30	Foundation	All Level	All Level	All Level		
9:00						Advanced
9:30	All Level	Advanced		Advanced	Intermediate	
10:00						Intermediate
10:30	All Level		All Level		All Level	
11:00						All Level
11:30			Foundation			
12:00						Foundation
12:30		Intermediate			Intermediate	
1:30	All Level			All Level		
2:30	Better Bones	Better Bones		Better Bones		
4:30	Foundation		Foundation	All Level		
5:30	Intermediate		Intermediate	Intermediate		
6:30		All Level	All Level			

Options – All sessions are 55mins

Regular Class 10 pack \$30,000.00

Regular Class Drop-in \$3,500.00

Membership A (4 per month) \$10,000.00

Membership Class B (8 per month) \$19,000.00

Membership Class C (12 per month) \$25,000.00

Membership classes apply to Better Bones ONLY

Private Pilates with Pilates Instructor \$7,500.00

Private Pilates – 10 pack \$70,000.00

Body Forte Limited, Unit #5, Sovereign Commercial Centre, 9-11 Barbican Road, Kingston 6

Tel: 876-632-5585, Email: info@bodyforteltd.com, IG [@bodyforteltd](https://www.instagram.com/bodyforteltd), www.bodyforteltd.com

Benefits of Pilates

- **Improved posture, making you look taller and leaner**
- **Injury Prevention**
- **Decrease or elimination of back, neck, shoulder and knee pain**
- **Increased strength without bulk**
- **Increased flexibility**
- **Greater core strength, which may help prevent many types of injuries**
- **Heightened body awareness, also known as a mind-body connection**
- **Increased energy levels**
- **Improved performance in your sport or hobby, be it golf, running, swimming or dancing.**

A CONSISTENT PILATES PRACTISE STRENGTHENS YOUR BODY AND BRINGS FOCUS TO YOUR MIND