



310 BRIDGE ST., NEW CUMBERLAND, PA 17070 STUDIO PHONE: (717) 901-0993

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am To 9:50 am		9:00 to 9:50 am Group Pilates Chair and Cadillac With Rebekah Sign-up Required			
10:00 am To 10:50 am		10:00 AM to 10:50 AM Beginner/Intermediate Group Pilates Mat Class With Rebekah Walk-ins Welcome			
12:00 pm To 12:50 pm					12:00 PM to 12:50 PM Beginner/Intermediate Group Pilates Mat Class with Rebekah Walk-ins Welcome
5:45 pm To 6:35 pm	5:45 PM to 6:35 PM Intermediate/Advanced Group Pilates Mat Class with Rebekah Walk-ins Welcome				
7:00 pm To 7:50 pm			7:00 PM TO 7:50 PM Beginner Pilates Group Mat Class with Peggy Walk-ins Welcome		

CONTACT INFORMATION

REBEKAH MORGAN

OWNER AND PILATES INSTRUCTOR

(717) 979-2405 (717) 901-0993 rebekah@morganpilatesandyoga.com

PEGGY CHASE

PILATES INSTRUCTOR AND NUTRITIONAL CONSULTANT

(717) 525-0260 (717) 901-0993 pegchase@ptd.net

PRICE LIST

PILATES CLASSES:

Private Sessions

WITH REBEKAH MORGAN

SINGLE SESSION \$50 PACKAGE OF 5 \$235 PACKAGE OF 10 \$450

PACKAGE OF 20 \$860

WITH PEGGY CHASE

SINGLE SESSION \$40 PACKAGE OF 5 \$185 PACKAGE OF 10 \$350

PACKAGE OF 20 \$660

GROUP EQUIPMENT PILATES CLASSES

Duet Sessions Price per person

SINGLE SESSION \$30 PACKAGE OF 5 \$140 PACKAGE OF 10 \$250

IN THE EVENT THAT ONE PERSON OF A SCHEDULED DUET CANCELS WITH 24-HOUR NOTICE,

THE SECOND PERSON MAY RESCHEDULE AS A PRIVATE SESSION

Trio Sessions Price per person

SINGLE SESSION \$25 PACKAGE OF 5 \$115 PACKAGE OF 10 \$200

IN THE EVENT THAT ONE OR TWO PERSONS OF A SCHEDULED TRIO CANCELS WITH 24-HOUR NOTICE,

THE SECOND PERSON MAY RESCHEDULE AS A DUET OR PRIVATE SESSION

PRIVATE, DUET AND TRIO SESSIONS AND GROUP EQUIPMENT CLASSES

ARE BY APPOINTMENT ONLY. 24 HOUR notice is required for all

cancellations of PRIVATE, DUET AND TRIO Sessions AND GROUP

EQUIPMENT CLASSES to AVOID BEING CHARGED FOR THE SESSION.

GROUP PILATES CLASSES

50 min CLASS \$12 WALK-IN FEE

CLASS CARD \$60 FOR 6 CLASSES

CARD EXPIRES 3 MONTHS FROM PURCHASE

PILATES CLASSES:

All Pilates classes are instructed by Rebekah Morgan, certified Peak PilateSystem® LEVEL III, Peggy Chase, certified Peak PilateSystem® LEVEL I.

TEACHER IN TRAINING:

Deborah Kearns will be beginning her PilateSystem® LEVEL I training this January. She will be teaching student lessons at reduced rates in mid February. Please contact Rebekah Morgan by phone or e-mail if you wish to take student Pilates equipment lessons with Deborah.

MORGAN PILATES, LLC