

Pilates Of Champions



*2010
Tuition
Guide*

PILATES OF CHAMPIONS



The *Elizabeth Gilmour* Company

Visit us online at
www.PilatesOfChampions.com
281 890 3777

PRIVATE PILATES SESSIONS
LARGE PILATES EQUIPMENT TRAINING

	Monthly Total
1 / month PRIVATE (\$90 /session)	90.00
2 / month PRIVATE (\$85/session)	170.00
3 / month PRIVATE (\$80 /session)	240.00
4 / month PRIVATE (\$75 /session)	300.00
5 / month PRIVATE (\$70/session)	350.00
6 / month PRIVATE (\$68/session)	408.00
7 / month PRIVATE (\$67/session)	469.00
8 / month PRIVATE (\$66 /session)	528.00
9 / month PRIVATE (\$65/session)	585.00
10 / month PRIVATE (\$64/session)	640.00
11 / month PRIVATE (\$63 /session)	693.00
12 / month PRIVATE (\$62 /session)	744.00

PLEASE NOTE: CLIENTS CAN ALWAYS BOOK MORE THAN 12 SESSIONS PER MONTH AT \$62 PER SESSION. SESSIONS WITH JUNIOR TEACHERS ARE \$10 LESS THAN THE ABOVE HOURLY RATES FOR HEALTHY INDIVIDUALS.

GROUP PILATES SESSIONS

LARGE PILATES EQUIPMENT TRAINING

	Monthly Total
<i>1 / month</i> GROUP (\$60/person/session)	60.00
<i>2 / month</i> GROUPS (\$45)	90.00
<i>3 / month</i> GROUPS (\$38)	114.00
<i>4 / month</i> GROUPS (\$32)	128.00
<i>5 / month</i> GROUPS (\$30)	150.00
<i>6 / month</i> GROUPS (\$28)	168.00
<i>7 / month</i> GROUPS (\$26)	182.00
<i>8 / month</i> GROUPS (\$24)	192.00
<i>9 / month</i> GROUPS (\$23)	207.00
<i>10 / month</i> GROUPS (\$22)	220.00
<i>11 / month</i> GROUPS (\$21)	231.00
<i>12 / month</i> GROUPS (\$20)	240.00

PLEASE NOTE: STUDENTS CAN ALWAYS BOOK MORE THAN 12 SESSIONS PER MONTH AT \$20 PER SESSION.

PACKAGES

	Monthly Total
4 PRIVATE LESSONS + 10 INT-ADV GROUPS (14 TOTAL) <i>Healthy Individuals with no injury or muscular imbalances</i>	448.00
4 PRIVATE LESSONS + 8 INT-ADV GROUPS (12 TOTAL) <i>Healthy Individuals with no injury or muscular imbalances</i>	408.00
4 PRIVATE LESSONS + 6 INT-ADV GROUPS(10 TOTAL) <i>Healthy Individuals with no injury or muscular imbalances</i>	388.00
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6 PRIVATE LESSONS + 10 BEG-INT GROUPS (16 TOTAL) <i>Healthy Individuals with minor muscular imbalances</i>	572.00
6 PRIVATE LESSONS + 8 BEG-INT GROUPS (14 TOTAL) <i>Healthy Individuals with minor muscular imbalances</i>	532.00
6 PRIVATE LESSONS + 6 BEG-INT GROUPS (12 TOTAL) <i>Healthy Individuals with minor muscular imbalances</i>	492.00
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8 PRIVATE LESSONS + 10 BEG-INT GROUPS (18 TOTAL) <i>Healthy Individuals with some muscular imbalances</i>	696.00
8 PRIVATE LESSONS + 8 BEG-INT GROUPS (16 TOTAL) <i>Healthy Individuals with some muscular imbalances</i>	656.00
8 PRIVATE LESSONS + 6 BEG-INT GROUPS (14 TOTAL) <i>Healthy Individuals with some muscular imbalances</i>	616.00
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10 PRIVATE LESSONS + 10 BEG-INT GROUPS (20 TOTAL) <i>Healthy Individuals with major muscular imbalances</i>	820.00
10 PRIVATE LESSONS + 8 BEG-INT GROUPS (18 TOTAL) <i>Healthy Individuals with major muscular imbalances</i>	780.00
10 PRIVATE LESSONS + 6 BEG-INT GROUPS (16 TOTAL) <i>Healthy Individuals with major muscular imbalances</i>	740.00

Call the office for more details regarding spreading the package over a 2-month period.
Note: Space is limited in group sessions, so call ahead to reserve your placement.

EXCLUSIVE TRAINING by LISSA (Specials)

The excellent Pilates instruction and wellness program you can expect from the Pilates of Champions Experience has its foundations and vision firmly established upon the experience and innovative teaching of the company's founder Elizabeth Gilmour ("Lissa").

Pilates of Champions are delighted to offer exclusive sessions with Lissa, providing innovative Pilates instruction and nutrition guidance that can make a real difference to your personal wellness or athletic development program.

Some of the experience and benefits you can expect:

- Lissa has almost 30 year of experience in classical and clinical Pilates
- Lissa was taught by a former ballerina who had been taught directly by Joseph Pilates
- A confident teaching style that helps build your own self confidence and sense of achievement
- True adherence to the principles of neuromuscular Pilates exercise delivered by innovative teaching for maximum impact
- Practical insight to sports specific fitness, injury recovery and nutrition needs, delivering focused solutions specific to you
- Practical guidance and support to help you find your way in the nutrition maze

She's always booked and that's a fact! Would you like the option to book exclusively with Lissa? Well, the studio has listened to its clients and we are delighted to offer you the option of a package of sessions which allow you to do just that. You pick the appointment and she will do whatever possible to make herself available.

Want to spread the following sessions over 2 months; subtract 5% from total.

14 PRIVATE LESSONS PER MONTH (\$78/SESSION) 1092.00

Any Individuals cleared by medical doctor if injured.

Body Composition Testing and Consult (1 hour) \$80 value No Charge

12 PRIVATE LESSONS PER MONTH (\$83/SESSION) 996.00

Any Individuals cleared by medical doctor if injured.

Body Composition Testing and Consult (1 hour) \$80 value No Charge

10 PRIVATE LESSONS PER MONTH (\$88 /SESSION) 880.00

Any Individuals cleared by medical doctor if injured.

Body Composition Testing (30 minutes) \$50 value No Charge

8 PRIVATE LESSONS PER MONTH (\$95 /SESSION) 760.00

Any Individuals cleared by medical doctor if injured.

Will discuss nutrition at beginning of series of 8 sessions (15 min) No Charge

6 PRIVATE LESSONS PER MONTH (\$102 /SESSION) 612.00

Any Individuals cleared by medical doctor if injured.

Will discuss nutrition at beginning of series of 6 sessions (15 min) No Charge

MISSED APPOINTMENTS

PLEASE NOTE: WITHOUT A **24 HOUR ADVANCED NOTICE** PRIOR TO YOUR APPOINTMENT TIME, THERE WILL BE A STUDIO CHARGE TO MAINTAIN A HIGHLY TRAINED TEACHING STAFF FOR YOUR CLINICAL AND CLASSICAL PILATES NEEDS.

THE CHARGES ARE AS FOLLOWS:

NUTRITION SERVICES: FULL CHARGE

POWER PLATE TRAINING: FULL CHARGE

PILATES PRIVATES: FULL CHARGE

DUETS—THREESOMES: FULL CHARGE
(PER STUDENT)

PILATES GROUPS: FULL CHARGE
(PER STUDENT). STUDENTS CAN CARRY
OVER ONLY ONE ADVANCED NOTICE
CLASS TO THE NEXT MONTH

BALLET FITNESS & MAT: FULL CHARGE
(PER STUDENT). STUDENTS CAN CARRY
OVER ONLY ONE ADVANCED NOTICE
CLASS TO THE NEXT MONTH

DUE TO THE HIGH DEMAND OF OUR
TEACHERS, WE APPRECIATE THE
ADVANCED NOTICE OUR CLIENTELE GIVE
THE TEACHING STAFF HERE AT PILATES
OF CHAMPIONS. WHEN OUR CLIENTELE
BOOK IN ADVANCE, THEY ARE PLACING A
RETAINING FEE FOR THE PROFESSIONAL
SERVICES OF OUR STAFF. THE 24 HOUR
NOTICE PERIOD ALLOWS THE STUDIO THE
OPPORTUNITY TO FILL THE APPOINTMENT
PERIOD AND REDUCE COSTS TO OUR
CLIENTS.

EACH STUDENT WILL BE ALLOWED 8 LATE
CANCELLATION CREDITS PER YEAR IF DUE
TO ILLNESS REGARDING THEMSELVES OR
THEIR MINOR CHILD UNDER AGE 18.
(SIGNED NOTE REQUIRED BY MEDICAL
DOCTOR FOR CREDIT).

BALLET FITNESS & MAT PILATES

Ballet Fitness Sessions: Fitness Ballet with/without traditional ballet barr workouts.

Pilates Mat Sessions: Creative hard core Mat Work and some small Pilates equipment.

1 PRIVATE LESSON **\$50 EACH**
Ballet Fitness or Mat Work

1 GROUP LESSON **\$18 EACH**
Ballet Fitness or Mat Work per drop in for our Members

2 OR MORE SESSIONS PER MONTH **\$15 EACH**
Ballet Fitness or Mat Work pre booked for our Members

NON-MEMBERS **\$20 EACH**
Ballet Fitness or Mat Work drop in for non-members

POWER PLATE TRAINING

STUDIO MEMBERS

1ST TRAINING SESSION (60 MINUTES) \$125, 1 CLIENT W/TEACHER
1ST TRAINING SESSION (60 MINUTES) \$165, 2-3 CLIENTS W/TEACHER
OTHER TRAINING SESSIONS (60 MIN) \$75, 1 CLIENT W/TEACHER
OTHER TRAINING SESSIONS (60 MIN) \$125, 2-3 CLIENTS W/TEACHER
EXTRA TRAINING SESSIONS (30 MIN) \$15, 1 CLIENT SELF-TAUGHT

SPECIALS: AVAILABLE FOR REGULARLY ATTENDING PILATES STUDENTS

STUDIO NON-MEMBERS

1ST TRAINING SESSION (60 MINUTES) \$175, 1 CLIENT W/TEACHER
EXTRA TRAINING SESSIONS (30 MIN) \$50, 1 CLIENT SELF-TAUGHT

PACKAGES: AVAILABLE UPON REQUEST FOR NON-MEMBERS

SEMI-PRIVATES TO THREESOME GROUP PILATES

“SHOULD I START MY PILATES WITH MY FRIENDS?”

SEMI-PRIVATES AND THREESOMES ARE AVAILABLE FOR HEALTHY INDIVIDUALS. PLEASE CALL THE OFFICE TO DISCUSS THESE TUITION RATES (SEE PAGE 8 & 9).

SEMI-PRIVATE PILATES SESSIONS
LARGE PILATES EQUIPMENT TRAINING
TUITION PER MONTH PER CLIENT

	Monthly Total
<i>1 / month</i> DUET (\$80/person/session)	80.00
<i>2 / month</i> DUET (\$65)	130.00
<i>3 / month</i> DUET (\$58)	174.00
<i>4 / month</i> DUET (\$52)	208.00
<i>5 / month</i> DUET (\$50)	250.00
<i>6 / month</i> DUET (\$48)	288.00
<i>7 / month</i> DUET (\$46)	322.00
<i>8 / month</i> DUET (\$44)	352.00
<i>9 / month</i> DUET (\$43)	387.00
<i>10 / month</i> DUET (\$42)	420.00
<i>11 / month</i> DUET (\$41)	451.00
<i>12 / month</i> DUET (\$40)	480.00

PLEASE NOTE: CLIENTS CAN ALWAYS BOOK MORE THAN 12 SESSIONS PER MONTH AT \$40 PER SESSION. SESSIONS WITH JUNIOR TEACHERS ARE \$10 LESS THAN THE ABOVE HOURLY RATES FOR HEALTHY INDIVIDUALS.

THREESOME PILATES SESSIONS
LARGE PILATES EQUIPMENT TRAINING
TUITION PER MONTH PER CLIENT

	Monthly Total
1 / month <i>TRLAD (\$70/person/session)</i>	70.00
2 / month <i>TRLAD (\$55)</i>	110.00
3 / month <i>TRLAD (\$48)</i>	144.00
4 / month <i>TRLAD (\$42)</i>	168.00
5 / month <i>TRLAD (\$40)</i>	200.00
6 / month <i>TRLAD (\$38)</i>	228.00
7 / month <i>TRLAD (\$36)</i>	252.00
8 / month <i>TRLAD (\$34)</i>	272.00
9 / month <i>TRLAD (\$33)</i>	297.00
10 / month <i>TRLAD (\$32)</i>	320.00
11 / month <i>TRLAD (\$31)</i>	341.00
12 / month <i>TRLAD (\$30)</i>	360.00

PLEASE NOTE: CLIENTS CAN ALWAYS BOOK MORE THAN 12 SESSIONS PER MONTH AT \$30 PER SESSION.

THERE IS NO DISCOUNT FOR JUNIOR TEACHERS.

LATE EVENING TUITION

PRIVATE SESSIONS ONLY
MONDAY—THURSDAY BOOKINGS

7:00 PM APPOINTMENTS	\$ 125 / HR
8:00 PM APPOINTMENTS	\$ 160 / HR
9:00 PM APPOINTMENTS	\$ 195 / HR

LARGER GROUPS BY ARRANGEMENT

NUTRITION CONSULTATION

BODY COMPOSITION AND NUTRITION
CONSULTATION: \$ 195.00
(90 MIN) \$18/15 MIN THEREAFTER

PINCH & CONSULTATION UPDATE: \$ 85.00
(60 MIN) \$18/15 MIN THEREAFTER

PINCH ONLY: \$ 50.00
(30 MIN) \$18/15 MIN THEREAFTER

ANNUAL DUES

A TRIAL PERIOD OF 30 DAYS IS
EXTENDED TO ALL NEW STUDENTS
DURING WHICH NO ANNUAL FEE WILL
BE PAYABLE. IN THIS PERIOD
STUDENTS PAY ONLY THE LESSON FEES
FOR THAT 30 DAY TRIAL PERIOD.
FOLLOWING THIS INITIAL PERIOD AN
ANNUAL MEMBERSHIP FEE IS DUE:

\$ 125.00	THE 1ST YEAR
\$ 99.00	THE 2ND YEAR
\$ 75.00	THE 3RD YEAR
\$ 50.00	SUBSEQUENT YEARS

TO QUALIFY FOR SUBSEQUENT YEAR
REDUCTIONS THE STUDENT MUST
ATTEND AT LEAST 35 SESSIONS PER
YEAR.

OVER AGE 65, NO ANNUAL DUES!

STUDIO POLICIES

- SHIRTS TUCKED IN SO TEACHERS CAN ASSESS YOUR POSTURE
- LONG HAIR PULLED UP OR IN PONY TAIL
- CELL PHONES SHOULD BE SWITCHED OFF OR ON VIBRATE; THIS TIME IS FOR YOU TO SPEND WORKING ON YOUR SPECIFIC NEEDS WITH YOUR TEACHER OR TEACHING STAFF
- PILATES SOCKS MUST BE WORN BY STUDENTS AT ALL TIME WHILE WORKING OUT
- DRESS APPROPRIATE FOR THE STUDIO'S PROFESSIONALISM
- KEEP PERSONAL ITEMS, BAGS, CLOTHES, SHOES IN LOCKERS OR IN LOCKER CLOSET. STUDIO WILL NOT BE HELD RESPONSIBLE FOR ANY LOSS OF PERSONAL ITEMS.
- ABSOLUTELY NO STRONG PERFUMES, NO CREAMS OR LOTIONS ON SKIN
- ABSOLUTELY NO GUM CHEWING WHILE WORKING OUT; THIS IS A HEALTH HAZARD.
- PLEASE KEEP CHIT-CHAT TO AN ABSOLUTE MINIMUM AND CONCENTRATE ON WHAT THE TEACHING STAFF ARE ASKING YOU TO DO. REMEMBER, EVERYONE IS PAYING US TO DO A JOB FOR THEIR SPECIFIC NEEDS...CONCENTRATE & BREATHE!
- STUDENTS ARE LATE FROM TIME TO TIME, THIS IS PART OF LIFE, BUT IF YOU'RE LATE, PLEASE ENTER AS QUIETLY AS YOU CAN AND ASSUME ANY OPEN PILATES EQUIPMENT; THE TEACHING STAFF WILL INSTRUCT YOU AS TO WHAT EXERCISE YOU SHOULD BE DOING
- BAD WEATHER CANCELLATIONS WILL FOLLOW THE CY-FAIR ISD AND/OR THE KLEIN ISD. ALL STUDENTS WILL BE CREDITED FOR ANY BAD WEATHER CANCELLATIONS. IF IN DOUBT, CALL 281-685-5711

LISSA AND THE PILATES OF CHAMPIONS EXPERIENCE

Whether you are one of our many long standing clients here at Pilates of Champions or just considering joining us, we sincerely welcome you to the Pilates of Champions Experience and a better way of living younger. The teaching staff and I deeply appreciate the trust you've put into our hands regarding your Pilates needs.

We take great pride in serving clients from all stages of life, offering a wellness program that lives and grows with them. Our body and minds are without doubt our own personal most scarce resource and hard though we may try they are not renewable! We must all work to optimize these resources and fulfill our potential whether that is in reaching the peak of an athletic career or in ensuring that we enjoy a long healthy and pain free life. Don't forget that we all need to treat both body and mind in equal part. Our aim is that the Pilates of Champions Experience provides you with an extremely valuable contribution towards achieving this. The teachers' ultimate goal is to teach your mind and your body to handle the daily demands that every age group faces.

Your complete satisfaction with the teaching expertise regarding Clinical and Classical Pilates services is paramount to this studio's excellent reputation and the exclusiveness the studio is well known for. We demand nothing less than excellence from our team, so if the teaching body fails to meet any of your expectations, please do not hesitate to call our Studio Principal, Elizabeth Gilmour (Lissa), at 281-685-5711 and/or email her at lissa@pilatesofchampions.com. She will personally see to it that your questions and issues are addressed and resolved in a timely and effective manner. Remember, that it is your body, your health, your present and future strength and flexibility that are at stake, and everyone at the studio will be there for all the important and private issues you may have about your specific Pilates needs.

Lissa has clients in the Texas area who have attended weekly sessions since 1992. She also has UK clients who travel over just to do extensive daily sessions for weeks on end with her. Why you may ask? Well, we believe that is all because of the Pilates of Champions Experience and the delivery of a balanced Pilates program which remains true to the original neuromuscular exercise foundations set out by Joseph Pilates. But, without Lissa there would be no such experience, all of this is built upon the unique and world leading talents of Lissa and her unsurpassed knowledge of Pilates and how it should be used and taught. She has developed and delivers truly innovative well balanced Pilates programs on the complete range of equipment which is right for our times and right for your specific needs while remaining true to the neuromuscular principles of Pilates, exactly as Joseph Pilates intended!

Thank you once again for the trust you put into the teaching staff at Pilates of Champions and we hope you remain or become a familiar face around the studio!

Sincerely,

Dr. Tom Gilmour