

Private STOTT Pilates Lessons

Individuals of all ages and fitness levels will receive one-on-one attention from our Instructors. We recommend all Pilates clients begin with a FREE individual session to evaluate your personal needs. Our extensively-trained instructors will design a custom program just for you!

Monday - Thursday 8:00 am - 9:00 pm
Friday 8:00 - 6:00 pm
Sundays 8:00 - 1:00 pm

Private Lessons 1:1 ratio

- ☐ \$58 per 1-hour lesson
- ☐ \$220 for four 1-hour lessons
- ☐ \$29 per 30-minute lesson
- ☐ \$220 for eight 30-minute lessons

Semi-Private Lessons 2:1 ratio

- ☐ \$42 each per 1-hour lesson
- ☐ \$162 each for four 1-hour lessons
- ☐ \$162 each for eight 30-minute lessons

Small Group Lessons 3:1 ratio & 4:1 ratio

- ☐ \$28 each per 1-hour lesson
- ☐ For more info, email pilates@atlantajcc.org

Please note: Cancellations must be made 24 hours in advance or lesson fee will be charged. Larger lesson packages available upon request. Packages must be paid in full in advance.



Register today! atlantajcc.org



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