

Pilates Plus!

Pilates exercise and a whole lot more.
500 Nordhoff Place
Englewood, NJ 07631
201-569-7970

Pilates Plus Schedule

This schedule is still evolving. We are adding new classes all the time, so make sure to check this schedule often. Also, please try to be on time, as classes run about 55 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 AM						
10 AM						Pilates
4 PM	Pilates					
5 PM			Pilates			

Classes

Pilates Mat Class:

Learn the Pilates mat exercises. These exercises will strengthen your back and abdominal muscles. Your posture will improve.

Studio Prices

The classes are ongoing. You can start anytime. Classes are open to all fitness levels.

Group Classes

Drop-in charge \$15.00

6 sessions \$72.00

Personal Training

55 minute session \$55.00

4 sessions \$210.00

8 sessions \$400.00

12 sessions \$575.00