

## Where Are You Located?

The Pilates Studio is located on the seventh floor of the Honolulu Club. Follow the hallway next to lounge through the double doors. You will experience a private atmosphere in our fully equipped studio in which to learn.

## How Do I Get Started?

We recommend that everyone complete a one-on-one introductory session with our highly trained certified instructors, followed by five private sessions to establish a foundation in the technique. This also allows us to evaluate your body and tailor a personalized program that will meet your goals. After you've completed your six sessions the following options are available:

**PRIVATE-** one-on-one training utilizing all the equipment

**DUET-** work out with either someone you know or another client, similar level

**GROUP REFORMER or MAT CLASSES** - join a regularly scheduled group class or coordinate your own group class of three to six people.

## How Long Will It Take To See Results?

For the average active person consistently participating in 2-3 classes a week results can be seen and felt after a month. However other factors will alter results depending on whether the client is receiving private or group classes, the amount per week, their prior strength level, and if there are any existing injuries. It is also important to work with a well-trained certified instructor who is knowledgeable in functional anatomy and has an eye for detail.

## What Is The Difference Between A Mat Workout and A Reformer or Other Equipment Workout?

Mat based workout is a series of controlled exercises performed on the floor using the bodies' own natural resistance. The lack of equipment allows it to be very convenient and can be done anywhere.

A Reformer is a popular piece of equipment of which a portion of it glides back and forth using springs for resistance increasing intensity. Included are attachments for the hands and feet, which place more emphasis on the outer limbs. This increases the variety of exercises and positions.

## What Do I Wear?

Please wear comfortable, non-restrictive exercise clothing. Try to avoid bulky attire. The best way for you to achieve maximum benefit is the ability of the instructor to see your body movements. We prefer you to go barefoot but you may wear socks. It is a good idea to bring water.

## How Do I Make An Appointment?

To book a session for more information contact  
Diana Wrobel  
Pilates Coordinator  
808-543-3975  
[dwrobel@meridiansportsclubs.com](mailto:dwrobel@meridiansportsclubs.com)



## Price List

### **Private Session** (personal training on apparatus)

Member Session- \$66

6 Pack - \$384 (\$64 per session)

12 Pack - \$744 (\$62 per session)

Non-Member Single - \$70

6 Pack - \$408 (\$68 per session)

12 Pack - \$792 (\$66 per session)

### **Duets**

Member Duets - \$42 per person

Non-Member Duets - \$46 per person  
(plus tax on above)

### **Reformer Classes**

Member- \$100 for 4 classes (\$25/class)

Non-Member- \$116 for 4 classes (\$29/class)  
(plus tax on above)

### **Mat Classes**

Member- \$60 for 4 classes (\$15/class)

Non-Member- \$116 for 4 classes (\$29/class)  
(\$16.50/class)(plus tax on above)

### **Cancellation Policy**

We request a 24- hour advance notice to either cancel or reschedule your session. This covers the cost of reserving the instructor and studio space.