



631-813-0268
patspilateseac@gmail.com
patspilatesstudio.com

At Pat's Pilates Studio, we can work with you privately, semi-privately, and groups of three, four or five people on the apparatus (reformer, chair and tower). Go to our website patspilatesstudio.com and press "book now" to get to Wellness Living. Here are our prices:

Private sessions:*

1 Hr. \$75.00	(5) 1 Hr. \$360.00
45 min. \$60.00	(5) 45 min. \$285.00
30 min. \$40.00	(5) 30 min. \$190.00

Semi-private sessions Booked Privately (rates are given per person):*

1 hr. \$45.00	(5) 1 hr. \$210.00
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Group of Three Booked Privately (rates are given per person):*

1 hr. \$35.00

Group of Four Booked Privately (rates are given per person):*

1 hr. \$30.00

Group of Five Classes only (rates are given per person):

75 min. \$40.00	(5) 75 min. \$190.00	
1 hr. \$30.00	(5) 1 hr. \$140.00	(10) 1 hr. \$260.00
45 min \$22.00	(10) 45 min. \$200.00	
30 min. \$16.00	(5) 30 min. \$70.00	

PRIVATE 45 MINUTE SESSIONS FOR SENIOR CLASSES ONLY
(rates are given per person):*

5 people \$18
4 people \$22
3 people \$25
2 people \$27

***Note: only group of five classes can be scheduled online all other sessions must be scheduled privately (email or call us) and [paid by cash or check](#). Private sessions that are for more than one person are an hour.**

SCHEDULE 2025

Follow the link on our website patspilatesstudio.com to Wellness Living.
Press **Book Now** on our website to schedule your class.

Monday:

8:00am - 8:55am Group of Five all Apparatus with Kathy

9:00am - 9:55am **Group of Five Stretch class with Kathy**

5:30pm - 6:25pm **Athletic Group of Five all Apparatus with Pat**

6:30pm - 7:25pm Group of Five all Apparatus with Pat

Tuesday:

7:30am - 8:25am Group of Five all Apparatus with Pat

9:30am - 10:25am Group of Five all Apparatus with Kathy

10:30am - 11:25am Group of Five all Apparatus with Kathy

Wednesday:

9:30am - 10:25am **Group of Five Slower Paced with Maureen**

4:30pm - 5:15pm Group of Five all Apparatus **45 minutes with Kathy**

5:15pm - 5:45pm **Beginner Group of Five all Apparatus with Kathy**

6:30pm - 7:15pm Group of Five all Apparatus **45 Minutes with Kathy**

Thursday:

7:30am - 8:25am Group of Five all Apparatus with Pat

9:30am - 10:25am Group of Five all Apparatus with Pat

10:30am - 11:25am Group of Five all Apparatus with Pat

4:00pm - 5:15pm Group of Five - **Weight Training with Pat**

5:30 - 6:15pm Group of Five all Apparatus **45 minutes with Pat**

Friday:

8:00am - 8:55am Group of Five all Apparatus with Pat

9:00am - 9:55am **Athletic Group of Five all Apparatus with Pat**

Saturday:

8:00am - 8:25am **Beginner Group of Five all Apparatus (alternating instructors)**

8:30am - 9:25am Group of Five all Apparatus (alternating instructors)

9:30am - 10:25am Group of Five all Apparatus (alternating instructors)

Sunday:

8:30am - 9:25am Group of Five all Apparatus (alternating instructors)

9:30am - 10:30am **Private Session (alternating instructors)**

Remember our Cancellation Policy is a minimum of 24 hours notice to avoid being charged. If you do not remove yourself from the waitlist 24 hours in advance and you get into the class, you will be charged.

If you cannot make it to class, please cancel yourself so someone else can take your place. Please contact Pat Vaughn to schedule any additional private classes not on the schedule at 631-813-0268.

**All private sessions not on the schedule, must be paid by cash or check.
Credit cards, Venmo or Zelle will not be accepted for these private sessions.**

