

OJAI PILATES & FITNESS

109-C North Montgomery, Ojai
805-640-0300 ~ pilatesofojai.com

Schedule of Classes

Monday

Group Reformer	8:30 – 9:30 am
Pilates Mat	9:30 – 10:30 am

Tuesday

Group Reformer	8:30 – 9:30 am
Group Reformer	9:30 – 10:30 am
Group Reformer	6:00 – 7:00 pm

Wednesday

Group Reformer	8:30 – 9:30 am
Group Reformer	9:30 – 10:30 am
Group Reformer	5:30 – 6:30 pm

Thursday

Group Reformer	8:30 – 9:30 am
Group Reformer	9:30 – 10:30 am

Friday

Group Reformer	8:30 – 9:30 am
Group Reformer	9:30 – 10:30 am

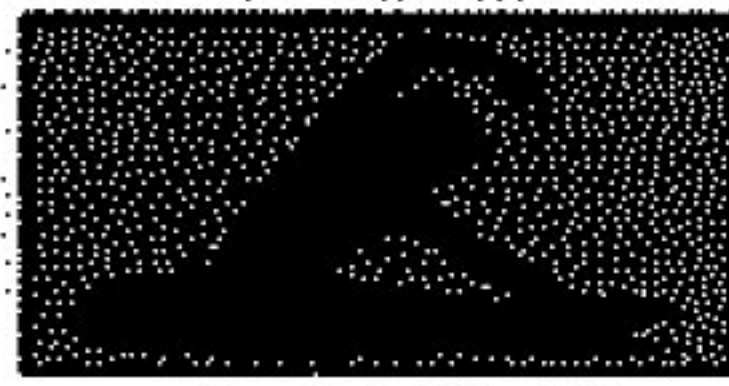
Saturday

Group Reformer	8:30 – 9:30 am
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Fees

Private Session	\$65.00 for 1 or \$240.00 for 4
Semi Private Session	\$35.00 each for 2 people
Group Reformer	\$30.00 each or \$100.00 for 4
Mat Class	\$18.00 for 1 or \$56.00 for 4

All Classes must be used within 90 days



OJAI PILATES & FITNESS

Workout your mind, body and soul

Ojai Pilates and Fitness has been in operation since 2003. Pilates is a mind body approach to fitness and balance that incorporates and emphasizes coordination of core muscles in everyday movement.

Movement should be fun, and pain-free. Learning to access these connections makes the body very strong, and also reveals compensations such as over use and underuse of certain muscles. The overall goal is to balance the body.

CANCELLATION POLICY

Sessions missed will be considered taken and charged, unless notification is given 24 hours in advance

*Prior experience on the Reformer is required before entrance to Group Reformer class.