



**FOCUS**  
PILATES STUDIO

## Studio Times

Whether you are injured, unfit or need that next step, we at Focus have a program to meet your requirements. At Focus the Enhanced Studio holds personal sessions with the use of the traditional Pilates equipment that provides you with individual attention with professional and experience staff members. We design, teach and modify basic to advance level classes, integrating mat and small equipment to add variety and to meet the specific needs and goals of our clients.

The studio sessions are the most versatile and effective form of Pilates suitable for all ages and fitness levels. Clients opting for the studio will improve sport performances; rehabilitation programs will reduce chronic pain and prevent injury.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-11am	6:30am-11:30pm	6:30am-11:30pm	6:30am-11:30pm	7:30am-11:30pm	10:30am-12:30pm
4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4:30pm-8:30pm	4pm-8pm	

## Price List

<u>PLATINUM</u>	<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>
Initial assessment..\$60	Initial assessment..\$50	Initial assessment..\$50	Initial assessment..\$50
Casual.....\$40	Casual.....\$30	Casual.....\$27	Casual.....\$23
Ten sessions.....\$370	Five sessions.....\$140	Five sessions.....\$125	Five sessions.... \$110
	Ten sessions.....\$270	Ten sessions.....\$240	Ten sessions.....\$210
	Twenty sessions..\$500	Twenty sessions..\$440	
<i>*Master Practitioner Rates. "Jillian only"</i>	<i>*Standard Practitioner Rates.</i>	<i>*Rates apply to pensioners</i>	<i>* Rates apply to full time dancers. And</i>
<i>* No concession or student rates apply</i>		<i>*Spouse of current standard fee holder.</i>	<i>students age 8-15</i>

Focus Pilates Studio - ABN: 47740723884

Charlestown Studio

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Warners Bay Studio

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