



Studio for Pilates & Wellness

What is Pilates anyway? Pilates was developed by German-born Joseph Pilates as a form of rehabilitative exercise during WWI. By using springs taken from patient hospital beds, he developed a system which allowed bedridden patients with wartime diseases and injuries to move and strengthen. It has become an intensive training regimen for athletes, dancers and everyone in between, while continuing to be used as a form of rehabilitation and physical therapy.



Syner-G Signature Packages for Beginners & New Clients

Syner-G Teaser - Curious about Pilates, never done it before and just want to give it a try? The Syner-G Teaser let's you try without a big commitment.

\$180 Initial client consultation
2 private apparatus sessions
1 month unlimited mat classes

Syner-G Start Up - Motivated and wanna dive right in? Jump start your Pilates training with this intensive training package.

\$400 Initial client consultation
5 private sessions
5 group reformer sessions
1 month unlimited mat classes

Syner-G Beginner Workshop - An intense 2 hour introduction to pilates workshop. Learn the foundation of mat work. Try the apparatus, from the Reformer to the Trapeze Table, and squeeze in a work out too.

\$60 May include up to 8 people.

About the Studio

Where? When? How? We're located at 345 N. La Brea Ave. Suite 208, just north of Beverly Blvd. We're open Monday - Thursday 8 am to 8 pm, Friday 8 am to 6 pm and Saturday 10 am to 4 pm. You can reach us at 323.965.8681 or www.mysyner-g.com

Parking There is parking below the building. Drive west on Oakwood, immediately turn left into the alley. The parking garage is available to you anytime, however it is shared with our neighbors in the building. We kindly ask you to use street parking whenever possible. There is an abundance of permit-free parking in the surrounding neighborhood.

Dress Wear comfortable loose fitting clothing that allow for ease of movement, socks, and no shoes. Refrain from wearing clothing with large zippers, snaps, or accessories what could indent, tear, or damage the equipment. Please do not wear perfume, essential oils or fragrances! Thank you!

Payment Options Syner-G Studio accepts cash, checks, or Visa and Mastercard for payment of services.

Scheduling All private sessions, semi-private sessions and group reformer sessions require advance scheduling. Refer to our schedule for mat class times.

Cancellation Policy Respectfully give 24 hours notice to avoid the full charge of your scheduled service.

Refunds & Expiration of Services Because you receive a discounted rate on services when you buy a package there are no refunds, exchanges or transfers of packages.

All 5 packs must be used within 3 months of purchase. All 10 packs must be used within 6 months of purchase.



Description of Classes

Pilates Mat Class - Beginners learn basic pilates principles, techniques, and the repertoire of floor exercises. Focus is on learning proper body mechanics, alignment and form. More advanced students build strength, learn variations, and class may be performed at a quicker pace.

Bounce Back - This specialized mat class focuses on strengthening your back, improving posture and understanding how to prevent back injury and heal after trauma to the back.

Slow Motion - focus on breath, deliberate, precise and controlled movements. Isometric muscle contraction (when a stimulated muscle is held so that it cannot shorten, it simply exerts tension) and deep body/mind awareness is stressed. Don't let the name fool you, this is not a "beginner" class!

Reformer Class - Although the reformer looks intimidating, it's a great way to take your training to the next level. Utilizing the apparatus requires practice and intense focus. It can be a fun and very rewarding process to see your skills develop. Beginners must take at least 5 private sessions before being admitted to a group class.

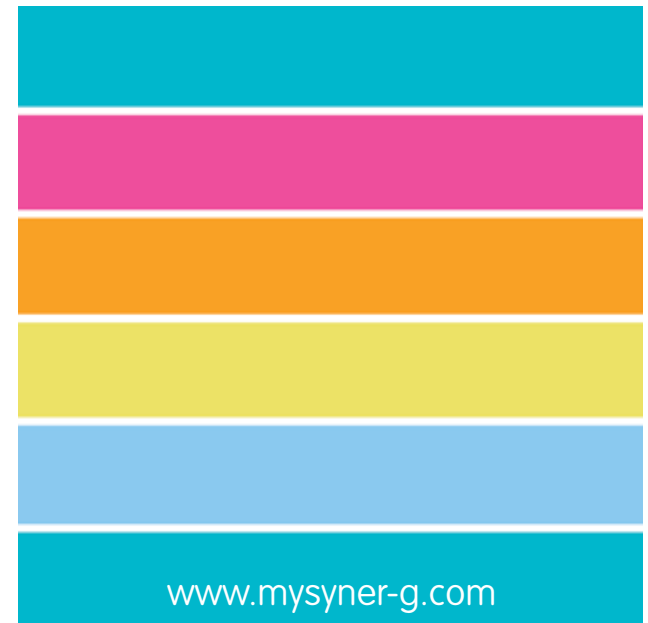
Rates

Private Sessions	
1 session	\$65
5 sessions	\$62.50/\$312.50
10 sessions	\$60/\$600
Semi-private Sessions	
1 session	\$40
5 sessions	\$37.50/\$187.50
10 sessions	\$35/\$350
Group Reformer Classes	
1 session	\$35
5 sessions	\$32.50/\$162.50
10 sessions	\$30/\$300
Mat Classes	
1 session	\$15
5 sessions	\$12.50/\$62.50
10 sessions	\$10/\$100

All clients must take 5 private or semi-private sessions before entering group reformer classes.



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