



IN SEQUENCE STUDIO SERVICES PILATES, MARTIAL ARTS & PHYSICAL THERAPY

PILATES EQUIPMENT CLASSES: 55 MINUTES

PILATES EQUIPMENT CLASSES - Maximum attendees 8 (two instructors) or 4

FULLY EQUIPPED PILATES. WE HAVE A VARIETY OF CLASSES USING THE REFORMER, TOWER, CHAIR, SPINE CORRECTOR, FOAM ROLLER, MAGIC CIRCLE, THERABAND, ORBIT, & MAT.

1 Class Drop In	\$ 50
10 Classes	\$ 450
20 Classes	\$ 800
4 Classes per month	\$ 180

PERSONAL TRAINING PILATES PRIVATES: 55 MINUTES

EYES ON YOU AND PERSONAL FEEDBACK DURING ONE ON ONE TIME IS AN ESSENTIAL COMPONENT OF MOVEMENT AND PHYSICAL GROWTH. ALSO, A VITAL PART OF PRE-HAB, POST RE-HAB, AND PERSONAL PHYSICAL THERAPY MAINTENANCE. PERSONAL PILATES, YOGA ADVANCEMENT, MARTIAL ARTS, BALLET, & GUIDED MEDITATION.

Personal Training Private Pilates

1 Private	\$ 140
5 Privates	\$ 675
10 Privates	\$ 1250
20 Privates	\$ 2400

MARTIAL ARTS: 50 MINUTES

1 Private	\$ 60
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Weekend Classes & Availability upon request

PILATES DUETS: 55 MINUTES

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2 ATTENDEES

Pilates Duets - Per Person

1 Duet	\$ 80
5 Duets	\$ 375
10 Duets	\$ 700

HOME TRAINING: 60 MINUTES

WE WILL TRAVEL TO YOUR HOME. WE LOVE THIS. EYES ON YOU AND PERSONAL FEEDBACK DURING ONE ON ONE TIME IS AN ESSENTIAL COMPONENT OF MOVEMENT AND PHYSICAL GROWTH. ALSO, A VITAL PART OF PRE-HAB, POST RE-HAB, AND PERSONAL PHYSICAL THERAPY MAINTENANCE.

Each Visit

Travel time	\$ 50
Session per person	\$ 140

VIDEO CONFERENCING AT HOME TRAINING: 60 MINUTES

WE USE SKYPE OR FACETIME. THIS IS A TRULY GREAT WAY TO STAY WITH YOUR TEACHER BUT WHEN YOU TRAVEL, OR WHEN YOU ARE AT YOUR OTHER HOME. STICKING WITH A SCHEDULE IS SO IMPORTANT, SO LETS JUST DO IT; IT DOESN'T MATTER WHERE YOU ARE.

Zoom to your Room or Skype Training

1 Private	\$ 140
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STUDIO INTRODUCTION: FOR NEW CLIENTS

Assessment Private (55 min)	\$130
Student Trainer Private	\$ 40 Get great training at a Great Price

PHYSICAL THERAPY SERVICES

SPECIALIZED PHYSICAL THERAPY SERVICES WITH ALISON PALMER
1.970.708.9367 www.alisonpalmerpt.com

Initial Evaluation 75 minute appointment	\$ 225
Follow Up Visits 75 minute appointment	\$ 205

MORE INFO & CONTACT IN SEQUENCE

FOR COMPREHENSIVE, UP-TO-DATE STUDIO INFORMATION
PLEASE VISIT OUR WEBSITE WWW.TELLURIDEINSEQUENCE.COM.

SCAN QR CODE

* STUDIO RESERVATIONS PLEASE CALL 970.708.0717
* FOR PHYSICAL THERAPY RESERVATIONS CALL. 970.708.9367

