



DAYS AND TIMES GROUPAL CLASS

- 7:10 Monday to Friday
- 8:15 Monday to Friday
- 9:30 Monday to Saturday
- 10:45 Monday to Saturday
- 12:00 Monday to Friday
- 1:00 Tuesday and Thursday
- 4:30 Tuesday and Thursday
- 5:30 Tuesday and Thursday

DAYS AND TIMES PRI- VATE LESSONS

Check space availability

INFORMATION

pilatesdrishtimx@gmail.com

www.drishticenter.com

W. Allen Lloyd 52

San Antonio Tlay.

Jalisco, MX.

PACKAGES

GROUPAL CLASS

The group practice is directed to people who have previously taken Pilates, in a group or individually, who have no injuries or come from a group of private sessions where they previously established how to work to heal that injury. The teacher will focus on the correct execution of the exercises and the breathing based on the Pilates method that will result in an optimum state of body and mind, physical strength, better posture, balance and elasticity.

COST: MX PESOS

2 times per week \$850.00 (monthly)

3 veces por semana \$1,100.00 (monthly)

4 veces por semana \$1,300.00 (month)

5 veces por semana \$1,500.00 (month)

Drop in \$150

PRIVATE LESSONS

In this personalized care, the teacher will give you their full attention 100% of the time, will design a specific program for your body, based on your needs, limitations, goals and physical condition, this will be based on a postural examination where we will evaluate the imbalances and muscular deficiencies in order to obtain the desired specific results. This is the type of package you need if you have any injuries, physical, restorative, medical indications, post-operative, or preoperative, among others.

The best option for women prenatal and postpartum, in this stage the private lessons will help you to perform the exercises of a responsible, safe, effective and pleasant way for mom and baby, it will help you prevent and / or relieve the side effects



INTRO PACKAGE

If you have never taken Pilates Reformer, this is the package that you need.

It will guide you to the understanding and application of the foundation and principles of the Pilates method. The teacher will perform a postural evaluation to recognize the strengths, weaknesses and imbalances that exist at the muscular level, the exercises are adapted to the needs of your physical condition, and later, to integrate you into a suitable group so that you can progress steadily and safely.

COST

Includes 2 private lessons and
6 groupal calss\$1,100

that the pregnancy produces and prepare for the time of delivery or cesarean section. The postpartum recovery will be faster and more efficient, and we will teach you how to take care of yourself after giving birth so that you can return to your previous physical state in a safe way.

COST

1 private \$350.00

4 private lessons \$1,200.00

8 private lessons \$2,200.00

* Any type of package chosen will always depend on the availability of space and time.