



BODYFIRM Pilates Studios

Level 1 Park Shopping Center, Prussia Street, D7 (01) 868 4600 –
training@bodyfirmpilates.com

€50 /€75 DEPOSIT REQUIRED TO SECURE YOUR PLACE, YOUR DEPOSIT IS NON REFUNDABLE
 ALL MAJOR CARDS ACCEPTED – CARD FEE APPLIES

PLEASE CALL THE STUDIO FOR YOUR RESERVATION OR FURTHER INFORMATION
 BOOKINGS ARE SUBJECT TO OUR **TERMS/CONDITIONS SEE BELOW**

CLASS LEVELS	DESCRIPTION
Level 1	Beginner 0- 16 weeks experience
Level 2	16 - 24 week plus experience
Level 3	24 week plus experience
Level 4	12 months plus experience
CLASS STYLES	DESCRIPTION
Reformer /Power Tower	Fun Dynamic group class on this unique Pilates machine
Clinical Pilates	Specific class for those referred to Pilates due to back or injury issues - Consultation required prior to participation
PILATES MAT (fitness)	Pilates mat work out –a mix of props – balls, bands, poles, circles classes that are diverse and fun
‘CORE FLOW’ ©	Unique to BODYFIRM A class born out of a demand for an energetic, flowing core experience, which will tone and strengthen the core, increases flexibility and produce a state of calm and relaxation.
30 Minute REFORMER Blitz	Unique to BODYFIRM - 30 minute fitness at its best with Pilates (reformer class only)
Core Conditioning for men	Tough solid workout – dedicated to the male

CLASS STYLES	DESCRIPTION	
Mat /Props Based Class	6 week course	€100.00
Reformer/ Power Tower Class	6 week course	€140.00
Pre Natal Pilates Mat/Reformer	6 week course	€150.00
Therapeutic Pilates 30 Minute Class	6 week course	€120.00
Reformer/Power Tower Class 30 Minute BLITZ	6 week course	€115.00
Drop in Mat Classes	Mat work experience required	€18.00
Drop in Reformer Classes	Reformer experience required	€26.00

Conditions of Training

All clients must fill out a health questionnaire

BODYFIRM reserve the right to screen clients from group class work

All training excludes bank / public holidays

Socks **MUST** be worn for all training sessions

All deposits are non refundable

All funds apply to the course booked only and are non transferable / non refundable

For their own safety clients late by 10 minutes or more will not be admitted to the class