



Welcome to MoonDance Pilates, I'm so excited to begin working with you! To help get you started I've put together some information that I hope you will find useful. Please don't hesitate to call if you have any questions prior to your appointment.

**Location:**

I am located in the 4 story apartment building of the Phillips Chatham Pointe complex. The address is **1421 Ballena Circle, Cary NC 27513**. Since my building is fairly new it may not be in your car GPS but it is now available in Google maps. One easy way to find it is to either get directions to **Abbey Road Grill** or to the **intersection of W.Chatham St and Old Apex Rd**. My building is easy to spot and it's directly across W.Chatham St from Abbey Road Grill.

Parking is available in the front, back and side of the building so parking spaces are always available. If you walk to the breezeway of the building and give me a call (919-949-7033) I'll come down and meet you since the building doors are kept locked.

**Appointment Time:**

All sessions are 50 minutes starting from the scheduled appointment time. This gives me 10 minutes to clean up equipment and quick break before my next client. I understand that we all occasionally run late but I do my very best to stay on schedule out of respect for every clients time so thank you in advance for being prompt!

**What to Wear:**

Yoga attire is great for Pilates but so are sweat pants/shorts and a tee shirt. The most important thing is to wear something that you are comfortable in and will allow you to move easily. Bare feet are fine and preferred by many people ( including myself ☺). If you would like to wear something on your feet a 'ballet type' sock with non-skid bottoms is best. Regular socks can be slippery when working on the equipment.

**What to Bring:**

Other than a positive attitude and a smile, there is really nothing else that you need to bring to your session. I have bottled water and small hand towels for your convenience and there is a changing area with cubbies to store your things.

**Payment Options:**

I now take all major credit cards as well Apple Pay and Android Pay!!

**Cancellation Policy:**

If you need to cancel an appointment 24 hour notification is requested. This allows me time to offer this slot to another client.

## Offerings

### Free Consultation / Workout

Let's get to meet one another! We'll discuss your fitness goals and objectives to ensure MoonDance Pilates can meet your expectations. You will have an opportunity to ask questions about me, Pilates and the studio. We can discuss any previous Pilates experience that you may have. We can talk about any physical limitations, injuries or conditions that you have and if and how Pilates might benefit you. I can also tell you more about my philosophy for Pilates instruction and MoonDance. Of course there will also be an equipment workout! I realize Personal Training is a big investment of time and money and I want to make sure that we are both comfortable that MoonDance Pilates can deliver for you. If it looks like a "go" we can begin to outline an initial training plan to get started!

### Single Private Pilates Training Session \$45.00

A 50 minute private Pilates workout. At the beginning of the session we'll spend a moment talking about how you're feeling and the goals for the session. Also, a great time to make any special requests that you have! Each workout will include both Pilates equipment and mat exercises. Every workout will be different and with patience and consistency your goals can be achieved!

### Welcome to MoonDance Intro Special \$80.00

A 'one time only' offer that gives you 2 Private Pilates training sessions at a reduced rate. If you are new to Pilates this is a great way to get to know the basics and start becoming familiar with the exercises and equipment. If you have previous Pilates experience we can gear these sessions to your working level and even challenge your practice with some new stuff!

### Private Pilates Packages

These packages are designed to reduce the cost per session. All sessions must be paid in full at time of purchase. Packages do not expire; however, commitment to your training program is the only way to meet your goals. I will encourage you to be committed and consistent with your workouts!

**5 Sessions \$200.00 (\$40.00/session)**

**10 Sessions \$ 350.00 (\$35.00/session)**

**15 Sessions \$ 450.00 (\$30.00/session)**

**20 Sessions \$500.00 (\$25.00/session)**

### **MoonDance Mat Classes in your Home \$100.00 (5 people max)**

An excellent, easy way to get a Pilates workout and have some fun with your friends! You supply the room (and friends) and I will come to your home (if you are in a 10 mile radius of Cary) and bring everything we'll need to have a great 55 minute "All Levels" Pilates mat class!

### **MoonDance Pilates Bridal Boot camp**

Getting ready for the big day can be daunting. Why not do something for yourself during this special time to help you look your best and reduce stress. Together, we will create a personalized training plan that focuses on your specific objectives such as flatter abs, more defined arms, toned back and firmer booty. Your wedding dress can be our blueprint to build the perfect workout boot camp. You will have to be committed to a Pilates workout at least 3 times per week but regardless of your current fitness level you can be assured that you will look and feel your best on your wedding day!

**3 month Bootcamp (36 sessions) \$720.00 (\$20.00/session)**

**6 month Bootcamp (72 sessions) \$1,080 (\$15.00/session)**

### **Referral Policy**

At this time I am interested in working with some new clients. So, if you are a current client and you know someone who is interested in Pilates, send them my way! If they decide to work with me and buy a package (minimum 5 session package) I will give you 2 FREE SESSIONS as a Thank you 😊