

PRIVATE TRAINING

MEMBER PRICING

- 1 - PRIVATE SESSION \$65.00
- 1 - SEMIPRIVATE \$35.00 ea
- 1 - SEMIPRIVATE TRIO \$30.00 ea
- 5 - PRIVATE SESSIONS \$300.00
- 5 - SEMIPRIVATE \$162.50ea
- 5 - TRIO PRIVATE \$155.00ea
- 10 - PRIVATE SESSIONS \$600.00
- 10 - SEMIPRIVATE \$320.00ea
- 10 - TRIO PRIVATE \$300.00ea

NON-MEMBER PRICING

- 1 - PRIVATE SESSION \$75.00
- 1 - SEMIPRIVATE \$40.00ea
- 1 - SEMIPRIVATE TRIO \$35.00 ea
- 5 - PRIVATE SESSIONS \$340.00
- 5 - SEMIPRIVATE \$200.00ea
- 5 - TRIO PRIVATE \$170.00ea
- 10 - PRIVATE SESSIONS \$700.00
- 10 - SEMIPRIVATE \$400.00ea
- 10 - TRIO PRIVATE \$325.00ea

OUR *CONTACT*



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1200 South Clearview Parkway,
Harahan LA 70123



www.ochsnerfitness.com

START YOUR *TRAINING TODAY*



PilatesLab

Powered by Ochsner Fitness Center



WEEKLY SCHEDULE

All sessions require minimum of 2 participants to be held.

PilatesLab
Powered by Ochsner Fitness Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:30 am
ALL LEVELS
TORY

6:00 am
REFORMER+
Michele

8:30 am
ALL LEVELS
TORY

10:00 am
REFORMER+
KAYNE

10:00 am
ALL LEVELS
SHERIAN

10:30 am
REFORMER +
MARY

11:15 am
ALL LEVELS
KAYNE

10:30 am
REFORMER +
MARY

5:30 pm
REFORMER+
MARY

10:30 am
REFORMER +
MARY

5:30 pm
ALL LEVELS
ANN

6:00 pm
INT LEVEL
DONNA

6:15 pm
ALL LEVELS
CAROLINE

6:30 pm
INT LEVEL
DONNA

Download the Mindbody APP search
Elevate by Ochsner Health
Elmwood

SCAN QR CODE
TO BOOK A CLASS



SATURDAY

SUNDAY

8:00 am
BASIC REFORMER
SHERIAN

9:30 am
ALL LEVELS
ROTATION

10:00 am
INT LEVEL
SHERIAN

REFORMER ONLY (BASIC, ALL LEVELS, INT)

MEMBER PRICING

Member single session\$22.00
Member 3 session.....\$60.00
Member 6 sessions.....\$120.00
Member 12 session.....\$220.00

NON-MEMBER PRICING

Non-Member Single session\$24.00
Non-Member 3 session.....\$72.00
Non-Member 6 sessions.....\$135.00
Non-Member 12 session\$240.00

REFORMER + REFORMER - TOWER - CHAIR

**** PRIOR EXPERIENCE REQUIRED****

MEMBER PRICING

Member single session\$25.00
Member 6 sessions.....\$144.00
Member 12 session.....\$270.00

NON-MEMBER PRICING

Non-Member Single session\$28.00
Non-Member 6 sessions.....\$162.00
Non-Member 12 session\$312.00

For more information
Contact bleblanc@ochsner.org