

# 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

✉ [bleblanc@ochsner.org](mailto:bleblanc@ochsner.org)

☎ +1-504-842-6799

🏠 1200 South Clearview Parkway,  
Harahan LA 70123

🌐 [www.ochsnerfitness.com](http://www.ochsnerfitness.com)

# START YOUR TRAINING TODAY



**PilatesLab**  
Powered by Ochsner Fitness Center

# WEEKLY SCHEDULE

Pilates Lab

Powered by Ochsner Fitness Center

\*\*\*All sessions require minimum of 2 participants to be held.\*\*\*

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	

For more information  
Contact [bleblanc@ochsner.org](mailto:bleblanc@ochsner.org)

## 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