



STONECREEK
CLUB & SPA

Pilates Reformer & Yoga



For more information about our Pilates
or Yoga programs, please contact our
Pilates Coordinator - Maureen at
MaureenJ@StoneCreekClubandSpa.com

Pilates Reformer & Yoga

Classical Pilates

The Pilates exercise approach consists of gradual movements to enhance joint range of motion, postural strength, balance, and abdominal strength and challenge the entire body by starting from the core and moving outward.

Session Type	Member	Non-Member
Private	\$68	\$88
Semi-Private	\$40/Each	\$52/Each
Group (3/4 ppl)	\$30/Each	\$38/Each

FITCORE by Peak Pilates

Join our FITCORE program for an energetic small-group workout that combines Pilates reformer with various athletic movements set to music. This multi-dimensional program is designed to increase your strength, flexibility and stability. Reserve your spot in class by using the Stone Creek Member App.

Member \$25 | Non-Member \$32
(Per Class)

Private Yoga

If you want to learn the basics of yoga before joining a group class or want to add something new to your fitness routine, you can enjoy a private or semi-private yoga class. Our certified yoga instructors will provide you with hands-on guidance, making it an excellent option for beginners or yogis who wish to incorporate more challenging poses and techniques.

Private Hour: \$74
Semi-private Hour (2 ppl): \$42/each
Group (3 or 4 ppl): \$34/each