



Physical Therapy • Pilates • Personal Training

SERVICES & PRICING

PRIVATE PILATES INSTRUCTION WITH A PHYSICAL THERAPIST

All packages expire one year from purchase unless otherwise noted.

50-minute Sessions:

Single In-Person Session: \$125

Package of 5: \$575 (\$115/session)

New Client Consultations & Evaluations:

80-minute Pilates Evaluation: \$180

New Client Special! Three 50-minute Private Sessions for \$315 (\$105/session)

One time only for clients new to Studio U who have completed a New Client Consultation or Evaluation.

Expires 60 days from purchase. Does not apply to sessions with Kristin.

GROUP PILATES CLASSES

Equipment Classes (25-minute): \$20/person (3 people average)
Equipment Classes (50-minute): \$40/person (3 people average)
Mat/Spring Classes (50-minute): \$20/person (4-6 people average)

Group Pilates Class Packages

50-minute Equipment Classes:
8 for \$280 (\$35/class) or 4 for \$150 (\$37.50/class)

25-minute Equipment, Cirque-it®, or Mat/Springs Classes:
8 for \$150 (\$17.50/class) or 4 for \$75 (\$18.75/class)

Packages expire 30 days from first use

POLE FITNESS CLASSES

Single drop-in class: \$20/class
5-class pass: \$80 (\$16/class)
10-class pass: \$140 (\$14/class)

To register for a pole fitness class visit
www.knockoutbodies.com/studio-u

MASSAGE THERAPY

60-minute Therapeutic Massage: \$80 plus tax

For more information or to make an appointment,
email michelleh@tcfit.com

INSURANCE-BASED PHYSICAL THERAPY

Traditional, in-network, insurance-based physical therapy is
available at Studio U through Matt Arbeiter from Motion PT.

For more information or to make an appointment, visit
www.motionmn.com or email marbeiter@motionminnesota.com

