



## **Semi-Private Sessions**

A Semi-Private is a tailor made Pilates program specifically for you and uses all the Pilates equipment besides the reformer. We aim for a ratio of 1-4 or 5 clients per instructor to ensure that you continue to receive individualized care and attention.

### **How does it work?**

First you do three 1on1 sessions which includes an assessment, designing of your personalised program and getting you familiar with your program. You then book a 1 hour time slot (like you book a group class) then come in and do your program.

### **Is it supervised?**

There will be an instructor supervising the session who will be monitoring up to 4-5pax. This instructor will continue to help you get used to your program, as well as when necessary, progress you onto more challenging variations. As such your program will continue to be upgraded as you get fitter and stronger.

### **What equipment can I use?**

Depending on your specific needs you may be prescribed exercises on the mat, Reformer, Chair, Barrel, Tower Unit (Half Cadillac).

### **Who is suitable for this program?**

- People who want to experience the benefit of all the Pilates equipment
- People with injuries who can only do specific movements
- This program is a great way to supplement your existing group classes or private sessions

### **What is the schedule of times that can be booked?**

There will be an initial schedule of times that can be booked each week, additional times will be added as more people enter the program.

### **What if I do private sessions already?**

If you do private sessions already your instructor can do the assessment and design your program in your usual sessions. This is a great way to supplement your existing 1on1 sessions and get even more benefit!

### **How much does it cost?**

The initial three 1on1 sessions are \$360, subsequently the semi-private classes are Ad Hoc \$65, Pack of 5 \$300, Pack of 10 \$550.

**Email us at [info@focuspilates](mailto:info@focuspilates) to book in for a session!**

### **Starting Promotion**

Purchase the initial  
three 1on1 sessions  
and get two free  
semi-private sessions  
worth \$130!