

PILATES AND DANCE CLASSES

PROMO

MSC

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Is *Pilates* right for you?

FIND OUT WITH THIS CHECKLIST

Do you want to take care of your body
without putting it under stress? ✓

You spend a lot of time sitting and feel tightness ✓

Are you looking for a full-body workout? ✓

Do you want to move with more control and
awareness? ✓

Do you want to improve your posture? ✓

Do you want to feel stronger without extreme
workouts? ✓

You're young and want to start correcting and
preventing potential posture problems ✓

Pilates Classes

55 min

New Customer Offer

2 private lessons for 120 CHF
(valid only once) per person



PRIVATE

1 PRIVATE LESSON	115 CHF
10 PRIVATE LESSONS	1050 CHF
	<i>** Valid for 3 months</i>
20 PRIVATE LESSONS	2000 CHF
	<i>** Valid for 4 months</i>

DUO (individual work)

1 DUO CLASS	70 CHF per person
10 DUO CLASS	650 CHF per person
	<i>** Valid for 3 months</i>
20 DUO CLASS	1240 CHF per person
	<i>** Valid for 4 months</i>



– 10% off a private lesson if you bring a friend!

| All payments must be made before the class date.



TRIO (group work)

1 CLASS PER
WEEK

** 400 CHF
per person

1 TRIAL CLASS

35 CHF
per person

GROUP (4–6 people)

1 CLASS PER
WEEK

** 350 CHF
per person

1 TRIAL CLASS

30 CHF
per person



– 10% off a private lesson if you bring a friend!

For Trio classes and group classes, the rates listed apply to **annual commitments**.

If you enroll for a **3-month period only**, a **20% surcharge** will be applied to the corresponding rates.

All payments must be made before the class date.

** For **one year** from the date of registration, with membership dues paid every three months.

Dance classes

1.15 hours for adults

ADULT GROUPS (4–8 people)

1 CLASS PER WEEK

** 330 CHF
per person

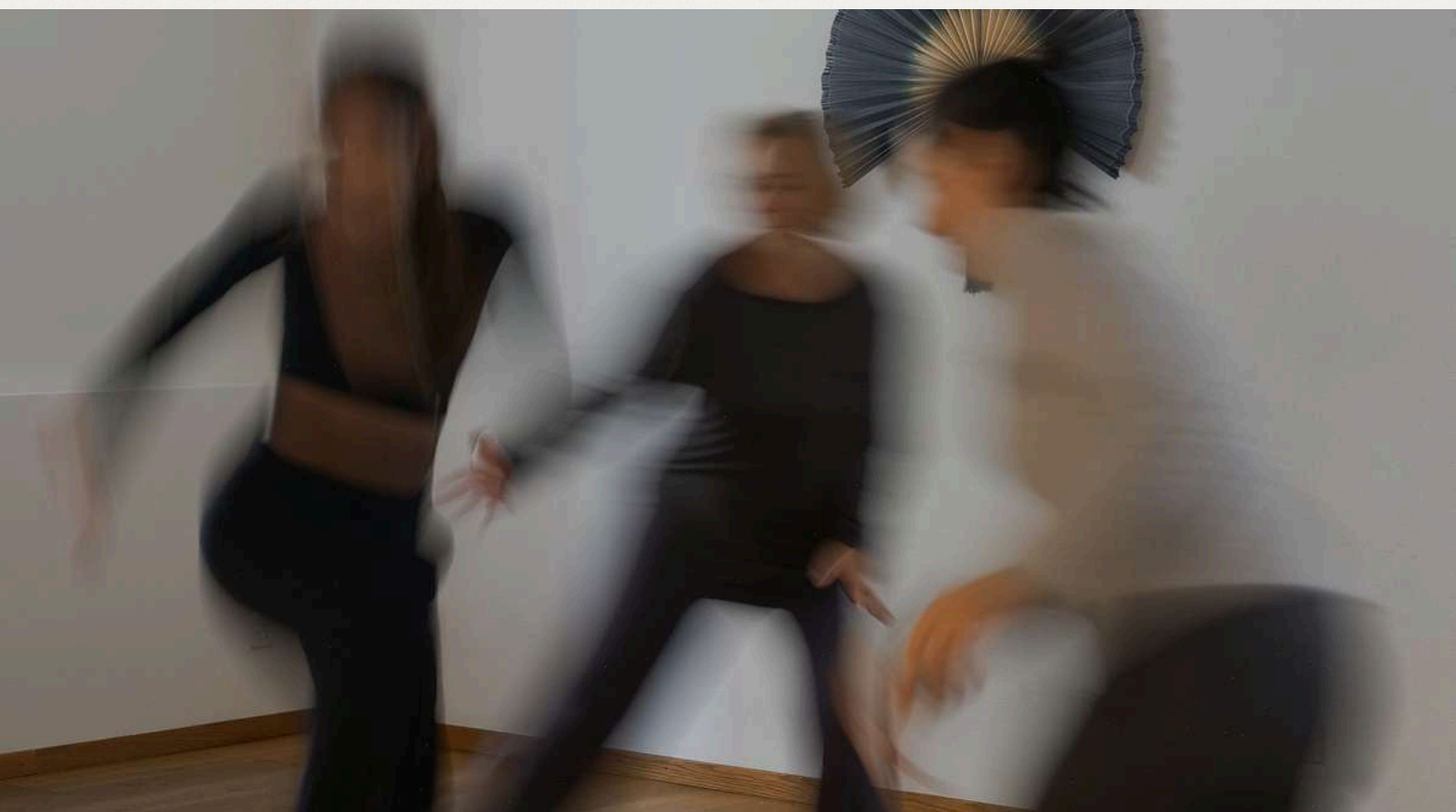
1 TRIAL CLASS

25 CHF
per person

For group classes, the rates listed apply to **annual commitments**. If you enroll for a period of **3 months only**, a **20% surcharge** will be applied to the corresponding rates.

All payments must be made before the class date.

** For one year from the date of registration, with membership dues paid every three months.



About Gio-Mouvemotions

Attentive, professional, and cheerful.



Two years ago, I had a lot of trouble walking—my ankle, knee, and hip were giving me trouble—and my back would frequently “seize up.” Thanks to the progressive exercises Giorgia taught me—combined with almost daily practice at home—I can now walk without any problems and even got back on a horse recently. Grazie!

BERNARD







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