

How to get started with 5 Elements Pilates

Welcome to 5 Elements Pilates!

We are passionate about sharing Pilates with you because over the years I have seen our clients get dramatic results with regular practice.

Here are some common areas we can help with:

- **Increase Flexibility**
- **Shoulder tension & muscle tension**
- **Develop a Strong Core**
- **Excellent for Rehab/Injury recovery**
- **Pregnancy & postpartum fitness**
- **Zero Impact on Joints**
- **Enhanced Mobility**
- **Athletic performance**

At 5 Elements Pilates we give you the tools to build a stronger, more limber body so you can continue doing the things you love throughout your life!

How to Get Started

Because Pilates Equipment is so unique, starting with a studio is different than walking into a gym...how to get started if:

You're Healthy and Injury Free and Have Done Pilates Before

- ✓ Email us to reserve a spot in class for you for Free to try a class

You're Healthy and Injury Free but have Never Used Pilates Equipment Before

- ✓ Email us to reserve a spot in a Beginners Class for you so you feel comfortable learning in a small class environment

You're Working to Heal from an Injury/Surgery or Chronic Pain

- ✓ Email us to schedule a Free Consultation to discuss challenges and understand how Pilates can help

You Want 1 on 1 Specialized Sessions and not

- ✓ Email us to schedule your Free Consultation and get started with the program and schedule that works for you

5 Elements Pilates

2 Studios on Mercer Island to Serve You

Private Studio & SP Classes (Studio A)

2630 77th Ave SE #102

Group Pilates Equipment Classes (Studio B)

The Mercer Bldg #134

www.5-elementsfitness.com



PRICES AT A GLANCE

Private Sessions

New Client 4 for \$199

8 Class Pkg \$480 (60/ea)

12 Class Pkg \$660 (55/ea)

Semi Private Sessions

8 Class Pkg \$330 per person

12 Class Pkg \$450 per person

SP & Group Equipment Classes

New Client 4 for \$99

8 Class Pkg \$256 (32/ea)

12 Class Pkg \$360 (30/ea)

20 Class Pkg \$540 (27/ea)

5 Elements Memberships

8x Limited Monthly \$159/mo

Unlimited Monthly \$199/mo

Road To Recovery Pkg

6 Private Session for \$275

** WA State Sales Tax will be applied to all sales at the time of purchase*



We love email because we often miss your call as we are working with clients and email allows us to keep a better record of your needs and more quickly set up an appointment!



5elementsfitness@gmail.com



206.919.7128

