

**lake  
shore**  
LINCOLN  
PARK **SF**

# REFORMER PILATES



## Level 1

Monday: 9am  
Tuesday: 9am  
Wednesday: 8am  
Thursday: 6am & 9am  
Sunday: 10am

## Intro to Reformer

Wednesdays: 5:45pm



## SMALL GROUP TRAINING

\$30/class drop-in



Register online at [MYLSF.net](https://MYLSF.net)  
or via the MyLSF app  
[LPPilates@LakeshoreSF.com](mailto:LPPilates@LakeshoreSF.com)

**Come and join us  
for Pilates Reformer  
classes!**

## ONE ON ONE SESSIONS AVAILABLE

TOTAL PACKAGE PRICE						
Sessions	Base	Senior	Specialist	Buddy	Master	Private Group
1	\$105	\$115	\$125	\$75	\$135	\$55
6	\$630	\$690	\$750	\$450	\$810	\$330
12	\$1,210	\$1,360	\$1,470	\$860	\$1,600	\$580
24	\$2,320	\$2,630	\$2,820	\$1,675	\$3,115	\$1,075
50	\$4,595	\$5,225	\$5,625	\$3,395	\$6,175	\$2,045