

PRICE LIST AND CLASS INFORMATION

ZMoves at D Wellness provides professional instruction in **The Method Pilates**, **Gyrotonic Expansion System** and **Energique** methodologies. Our 22-year history of working with clients has yielded fantastic results and we would love to help you explore the mind-body connection that **these highly effective exercise systems** have to offer. Our certified instructors can help you gain increased body awareness, flexibility, strength, improved balance and coordination and make it an enjoyable experience.

Please let us know what your fitness goals are and how we may be of service in helping you reach them. You may call us at your convenience at **817-401-9992** or email us at **zmoves49@gmail.com**.

PILATES EQUIPMENT CLASSES

PRIVATE: 10 CLASS PACKAGE/\$900.00	SINGLE CLASS: \$100.00
DUET: 10 CLASS PACKAGE/ \$500.00 per person	SINGLE CLASS \$120.00
TRIO: 10 CLASS PACKAGE/\$400.00 per person	SINGLE CLASS \$150.00

Private lessons may be necessary before joining a duet or trio class.

GYROTONIC CLASSES

SINGLE CLASS: \$100.00	10 CLASS PACKAGE /\$900.00
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BARRE ENERGIQUE CLASSES **SCHEDULE:**
Fridays@9am

10 CLASS PACKAGE: \$150.00	SINGLE CLASS: \$20.00
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BARRE ENERGIQUE is a class that combines Pilates with traditional ballet Barre work and uses a patented resistance system. The class uses a full range of movements that allow the body to become more resilient with improved posture and flexibility. Suitable for most fitness levels.

* Packages have a 90-day expiration date.

**Certified instructors on staff: Zoe Stein Pierce and Natalie Henry.

***All classes require a 48-hour notice for cancellation (excepting illness)

****ZMoves reserves the right to request written permission from a physician to determine whether our services are in a client's best interest.