



PILATES REFORMER, KANGOO POWER/DANCE, BOOT CAMP

Room Key:
1: Group Fitness Studio #1
2: Group Fitness Studio #2
MB: Mind Body Studio
R: Reformer Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30 am R: Pilates Reformer Andrea	9:00-10:00 am R: Pilates Reformer Cassie	9:30-10:30 am R: Pilates Reformer Andrea	5:20-6:30 pm 1:Kangoo Power/Dance Michelle	9:00-10:00 am R: Beginning Reformer Cassie	8:20-9:30 am 1: Kangoo Power/Dance Michelle	3:00-4:00pm 1: Beginner Kangoo Michelle
6:00-7:00 pm R: Pilates Reformer Ellyn	5:20-6:30 pm 1: Kangoo Power/Dance Michelle	6:00-7:00 pm R: Pilates Reformer Cassie		5:45 - 6:30pm 2: Boot Camp Nicole		
6:20-7:30 pm 1: Kangoo Power/Dance Michelle		5:45 - 6:30pm MB: Boot Camp Nicole				

Pilates Reformer Pricing			
Group Pricing			
Member		Non-Member	
1 Class	\$19	1 Class	\$25
4 Class Package	\$72	4 Class Package	\$93
8 Class Package	\$124	8 Class Package	\$165
12 Class Package	\$167	12 Class Package	\$216

Semi Private Pricing			
<i>*Semi-Private Sessions are for 2-3 participants. Pricing reflects cost per person.</i>			
Member		Non-Member	
1-30 Minute Session	\$26	1-30 Minute Session	\$31
5-30 Minute Session Package	\$129	5-30 Minute Session Package	\$155
1-60 Minute Session	\$41	1-60 Minute Session	\$52
5-60 Minute Session Package	\$206	5-60 Minute Session Package	\$258
10-60 Minute Session Package	\$386	10-60 Minute Session Package	\$489

Private Pricing			
<i>*Private Sessions are a personalized 1-on-1 session.</i>			
Member		Non-Member	
1-30 Minute Session	\$31	1-30 Minute Session	\$36
5-30 Minute Session Package	\$156	5-30 Minute Session Package	\$180
1-60 Minute Session	\$57	1-60 Minute Session	\$62
5-60 Minute Session Package	\$283	5-60 Minute Session Package	\$309
10-60 Minute Session Package	\$515	10-60 Minute Session Package	\$567

All classes listed require pre-registration.

Pilates Reformer
Contact the Guest Services desk at 317-920-7400. Please make sure to cancel your reservation 12 hours in advance if you cannot attend. Failure to notify us of your cancellation could result in a charge for the session.

Boot Camp
Payment and Registration is done at the Guest Services Desk.

Kangoo Power/Dance
All registration and payment is done at www.jumpfitindy.com.

Boot Camp Pricing

5 pack
Member: \$25
Non-member: \$40

10 pack
Member: \$50
Non-member: \$80

Drop-In Fee
Member: \$8 per class
Non-member: \$11 per class

Kangoo Pricing
March 2020

Kangoo Jumps Class fees:
Paid on www.jumpfitindy.com
\$5 for class & boot rental
\$3 for class & you own your own boots

Indianapolis Healthplex fees:
Paid when you arrive at the Healthplex
Indianapolis Healthplex nonmembers pay an additional \$5 Kangoo Jumps Class Access Guest Fee

Pilates Reformer: Pilates Reformer is strength training on the Allegro Reformer machine. This workout is so unique it cannot be duplicated by any other piece of equipment in the club. This type of training can change the shape of your body and work each muscle group while maintaining core control. Benefits of Pilates Reformer include increased core strength sculpted legs, buns and arms, lean muscle around the shoulders and improved body awareness and posture.

Beginner Pilates Reformer: This class is for participants who are newer to the Pilates Reformer and are still learning the machine. This class is also recommended for participants who have special conditions and/or injuries. Participants will receive a total body workout. All fitness levels can benefit from this class.

Kangoo Jumps: Kangoo Jumps are an amazing and safe approach to cardio and core work. Save your joints and improve your endurance for all activities. This class is a great way to train runners to strengthen and lengthen their stride. All participants must sign up for classes and purchase class or classes beforehand.

Beginner Kangoo: A Kangoo Jumps class that is slowed down. Join us on Sunday's to learn the basics of Kangoo and our routines!

Boot Camp: Class that brings strength and cardio together for a high intensity workout. Join us to get our heart rates up and sweat dripping. Instructed by our very own personal trainer, Nicole.

*** All classes are 60 minutes unless otherwise noted.**

*** It is strongly recommended that if you are new to any of these specialty classes and/or if you have any previous injuries or contraindications you make the instructor aware of such information prior to class.**