



BETA  
PILATES

Beta Pilates  
The Towers  
at Wyncote  
Route 309 &  
Greenwood Ave.

Wyncote, PA 19095  
215-881-2290  
www.betapilates.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.						9:30am Open Mat
10:00 a.m.	Open Mat	Advanced Reformer	Open Mat	Advanced Tower	Open Mat	10:30am Open Tower
11:00 a.m.	Intermediate Equipment			Intermediate Equipment		11:30am Open Equipment
12:00 p.m.		Open Mat				
5:00 p.m.	Basic/Inter Equipment	Intermediate/Adv. Equipment		Intermediate Equipment		
6:00 p.m.	Open Mat	Advanced Equipment		Intermediate/Adv. Equipment		
7:00 p.m.		Intermediate Equipment				

Beta Pilates offers you the personalized attention of a private studio with the amenities of a larger facility. The sophisticated yet inviting environment is designed to restore your body, refresh your mind and renew your spirit. The studio's classically trained and certified instructors teach private and semi-private lessons, and the studio offers a full schedule of Mat and Equipment classes.

Beta Pilates is a fully equipped professional Pilates studio providing you with instruction in the Pilates method of body conditioning the way its creator, Joseph H. Pilates, intended: as a physical fitness program to develop your muscular power with corresponding endurance, accompanied by renewed mental vigor and spiritual enhancement.

Pilates has gained international recognition as an efficient method for advancing physical fitness because it promotes uniform development, core strength and spinal articulation; increases stamina and endurance; and encourages true flexibility by lengthening, strengthening and toning muscles without adding bulk.



Private and Duet lessons available by appointment.

Tuesday - Thursday 6:00 a.m. - 8:00 p.m.  
Friday & Saturday 6:00 a.m. - 6:00 p.m.

"The class is addictive – and you see results!" – R.P. of Wyndmoor

*Its Joe's method - We just enforce it*

**Mat Classes** - Perform this series of classic floor exercises including the Hundred, the Series of Five, and the Teaser, using the resistance of your own body and gravity to develop your abdominal strength, stability, flexibility, alignment and basic body awareness. All classes are based on the traditional Intermediate series of the Matwork.

**Tower Classes** - Exercises on this versatile piece of equipment range from basic spring-assisted sit ups to advanced squats on one leg. Your class is created from over 80 traditional Mat and Cadillac exercises to challenge your core, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability, develop spinal flexibility while encouraging proper alignment and stretch your entire body.

**Reformer Classes** - Your full-body Reformer workout, created from over 100 exercises, helps you develop proper alignment and core stability while working your arms and legs in a complete range of motion. The Reformer features a sliding carriage upon which you lie, sit, kneel and stand while pushing away from and pulling into the Footbar in a series of controlled exercises which deeply engage your muscles.

**Wunda Chair Classes** - This challenging workout builds strength, increases stamina and improves balance while adding variety to your routine. Over 75 exercises performed while sitting, standing, kneeling, and even lying on the Chair to engage the muscles of your lower back, shoulders, pelvis and abdomen, and efficiently stretch and rebalance muscles that have been strained or injured.



Beta Pilates offers competitive rates and several discount packages as follows:

First Session	\$ 55.00	
Private Lesson	\$ 75.00	
5 Private Lessons	\$ 350.00 (70.00 per lesson)	
10 Private Lessons	\$ 650.00 (65.00 per lesson)	
20 Private Lessons	\$1,200.00 (60.00 per lesson)	
30 Private Lessons	\$1,650.00 (55.00 per lesson)	
<b>Duet Lesson</b>	\$ 45.00 / person	
10 Duet Lessons	\$ 420.00 / person (42.00 per lesson)	
20 Duet Lessons	\$ 780.00 / person (39.00 per lesson)	
30 Duet Lessons	\$ 1050.00 / person (35.00 per lesson)	
<b>Single Mat Class</b>	\$ 18.00	
10 Mat Class Card	\$ 165.00 (16.50 per class)	
20 Mat Class Card	\$ 300.00 (15.00 per class)	
30 Mat Class Card	\$ 405.00 (13.50 per class)	
50 Mat Class Card	\$ 600.00 (12.00 per class)	
100 Mat Class Card	\$ 1000.00 (10.00 per class)	
Annual Unlimited Classes	\$ 1650.00	
<b>Single Equipment Class</b>	\$ 30.00	
10 Equipment Class Card	\$ 275.00 (27.50 per class)	
20 Equipment Class Card	\$ 500.00 (25.00 per class)	
30 Equipment Class Card	\$ 675.00 (22.50 per class)	
50 Equipment Class Card	\$ 1000.00 (20.00 per class)	
100 Equipment Class Card	\$ 1900.00 (19.00 per class)	
Annual Unlimited Classes	\$ 2750.00	

**Take Five Series** \$ 375.00  
(5 private lessons and 5 free Mat classes)

**Pre-paid Discount Series**

Save 10% on all sessions	\$ 500.00
Save 20% on all sessions	\$ 900.00
Save 25% on all sessions	\$1,200.00

**Annual Membership** \$3,750.00  
50 privates/unlimited classes

"You will get hooked after the first class!" – L.H of Chestnut Hill