

Pilates & Yoga Programs



STONECREEK
CLUB & SPA

For more information, or to schedule sessions,
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CLASSICAL PILATES

The Pilates approach to exercise is comprised of a series of progressive movements designed to improve joint range of motion, postural strength and balance, abdominal strength, as well as challenging the entire body as it works from the core outward.

Pricing

Private Hour:

Member: \$68, Non-member: \$82

Semi Private (2 people):

Member: \$40/each, Non-member: \$48

Group (3 or 4 people):

Member: \$30/each, Non-member: \$36

FITCORE by Peak Pilates

This multi-dimensional program blends Pilates reformer with a variety of athletic movements – all set to music in an energetic small-group setting! If you're looking for increased strength, flexibility & stability from your workouts, FITCORE is the program for you! Reserve your spot in class through the Stone Creek Members App.

Sessions: class schedule available on the Stone Creek Members app & at stonecreek-clubandspa.com

Pricing

\$20 per class

Private Yoga

Interested in learning the basics before joining a group class or looking to incorporate something new into your fitness routine? Enjoy a private or semi-private yoga class and get hands-on guidance from one of our certified yoga instructors! This is also a wonderful option for yogis looking to incorporate more challenging poses and techniques into their practice.

Pricing

Private Hour: \$74

Semi-private hour (2 people): \$42/each

Group (3 or 4 people): \$34/each