



Mind-body movement and mediation offered on site at Silverlaken by Genesee Pilates & Yoga.

MOVEMENT MENU

PILATES

A body conditioning method with a focus on full body strength, flexibility and alignment through mindful movement.

CARDIO AND STRENGTH

Intervals of heart pumping movement alternate with bodyweight strength exercises. Increases endorphins and gets you ready for a day of relaxing on the lake.

GENTLE HATHA YOGA

Guided poses and meditation exercises to relieve stress, release tension and clear the mind.

VINYASA YOGA

A sequence of poses that flow from one to the other guided by breath, finished with a brief guided meditation.

PRICING

Based on 45 minute classes. Other durations available upon request.

PRIVATE SESSION

one participant

\$59

DUET SESSION

two participants

\$35 per person

SMALL GROUP

3 to 6 participants

\$25 per person

LARGE GROUP

7 or more participants

\$150 flat rate



BOOKING

online genesepilates.com
by phone (585)237-8815

Policies and FAQs

CONTACT

((585)237-8815
sarah@geneseedance.org
Owner, Sarah Keeler

How do I schedule a class?

Visit geneseepilates.com and click on the personal training tab. Or call us at (585) 237-8815.

Do I need to have my own mat?

You are welcome to bring your own mat. If you do not have one we will provide one for you free of charge. We also provide any necessary props for your class, up to 7 people.

What forms of payment do you accept?

We accept cash, all major credit card and checks made payable to "Genesee Pilates." After booking, you will receive an invoice from us which must be paid in advance or at the time of your class.

What should I wear for my class?

We recommend any comfortable clothing that you can move freely in, and bare feet or socks. That said, longer pants or leggings tend to be better than shorts for yoga and Pilates!



- **We recommend booking at least 1 week in advance. The earlier you book, the greater chance we can accommodate your request!**
- **There is a 50% cancellation fee for any class cancellations made with less than 72 hours notice.**
- **Classes cancelled with less than 24 hours notice will be charged the full fee.**