

Class Prices & Descriptions

Please sign up for all classes via our website. Space is limited.

(All classes other than Pilates & Barre are taught by private contractors & have no affiliation with Balance Studios.)

Pilates Ref/Tower/Chair

These classes use Pilates apparatus (Reformer, Tower, & Chair) as well as mat exercises, to strengthen and lengthen muscles using the control of the breath and powerhouse. Pilates is for anyone! Exercises are geared to your level and ability. Clients include anyone from the perfectly fit, to those with knee, back, hip, and neurological issues. Please contact Kari BEFORE coming to class. If you are new to Pilates, a private session is required before you start apparatus classes. Online sign up is required through our website.

Call **Kari** (208)351-5732

Drop In	\$20
5 class card	\$85
10 class card	\$160
Private – Single person	\$60 ea / \$550 for 10
Semi-Private – More than on person	\$35 ea / \$300 for 10

Prices listed are cash discount prices. Credit cards are accepted online.

Barre

Toning, abs, music and light weights!

Call **Kari** (208)351-5732

Drop In	\$12
5 class card	\$55
10 class card	\$99
10 class card (5 Barre & 5 Pilates Apparatus)	\$130

Prices listed are cash discount prices. Credit cards are accepted online.

Pilates Mat

Strengthen, stretch, and tone your core with Pilates on the Mat.

Call **Kari** (208)351-5732

Drop In	\$12
5 class card	\$55
10 class card	\$99
10 class card (5 Mat/Barre & 5 Pilates Apparatus)	\$130

Prices listed are cash discount prices. Credit cards are accepted online.

Yoga (not a Balance Studios class)

This class will help you with your athletic pursuits by focusing on alignment & core strength. You'll gain flexibility and stamina, and enjoy unwinding from your day. This is a flowing, alignment-based class suitable for all levels.

Call **Jen** (208)313-3503

Drop In	\$14
5 class card	\$60
10 class card	\$110
8 week session	\$80