Your logo here

*Optional inspiring quote here*

            
Dear student,  
  
Congratulations on taking your first step toward feeling beautiful, strong and energetic! We know it can sometimes be frightening to make a change and take on new challenges.

Optional mission or vision statement here

We know you have many options, and we thank you choosing our studio to help you achieve improved health and wellbeing.  
  
Our mission is to help you achieve the goals you set for yourself. We will help you create a Pilates practice that will keep you strong and vibrant for a lifetime. That’s why it’s very important to us that you start off right.   
  
  
Here are some of the ways you can create a successful, rewarding Pilates practice:

1. Meet with a teacher to set short term and long term goals.
   * How to do that: **Schedule an Introductory Session**

     2.   Set a foundation for your Pilates practice.

* + How to do that: Start with Private sessions
    - **New Student 8 Package** of Private Sessions - **MOST POPULAR!**
    - *OR* try our **New Student Combo Package,** ideal for clients with some Pilates experience but are new to Articulations Pilates Studio
      * 4 Private sessions
      * 3 Group Classes
      * 2 Semi-Private sessions

  3.    **Continue your commitment! Establish a frequent practice.**

We recommend 3x/week for best results!

* + How to do that: **Completely Customizable 3 Month Training Programs**
    - Pick and choose exactly how you want to practice with any combination of services.
      * We offer packages that help lower your monthly cost!
      * No obligation.
      * Monthly and quarterly re-assessment for best results!
    - OR Choose from our pre-packaged programs:
      * Monthly Unlimited Classes - $75 w/ Auto Renew
      * Monthly Unlimited Classes Plus 1 Trio per week - $175
      * Monthly Unlimited Classes Plus 1 Private per week - $275

*\*All Unlimited Packages require a 3-month auto-renew commitment.\**

* + Group classes more your calling?
    - **Group Class Packages Available:** 
      * 5 and 10 packs
      * 90 day expirations

To see results, improve skills and gain a deeper level of strength and understanding, practice is key. That you find a way to practice that works for you and brings you ease is our highest priority.  
  
We are here to make finding the right Pilates practice for you a no-brainer and will help you customize your services in a way that works for you. Please don’t hesitate to let us know if you have questions and tell us how we can better support you. We are excited to start this journey together!

With sincerest gratitude,

Your name and your staff or studio name