

Pilates

(301) 387-3786

695 Mosser Rd
McHenry MD

Facility Hours:

Monday—Friday: 6:00 AM—9:00 PM
Saturday: 8:00 AM—8:00 PM
Sunday: 10:00 AM—6:00 PM

Updated 11/2/20



Meet the Instructor

Seth Anne Snider-Copley is an aquatic exercise specialist for the Aquatic Exercise Association (AEA), a transpersonal psychotherapist, registered kinesiologist, certified Pilates instructor and fitness specialist. In addition to instructing classes at the CARC, Seth conducts corporate fitness/wellness workshops for her company, *BodyCentric* throughout the county. Visit her website at www.bodycentric.life

Assessment Session

\$50

All newcomers, regardless of skill level, must schedule an assessment session before participating in any Pilates class.

Regenerate Pilates Sessions

It is important to stay active at any age yet as we age we find ourselves needing ways to challenge our bodies that are effective, efficient, functional and with less stress on the joints. The great thing about Pilates is there is no age limit. Our Regenerate Pilates class is designed for men and women of all ages. This class puts extra focus on functional strength, flexibility, posture, coordination and most of all body awareness.

Private Sessions 1:1			
Single	4-Pack	8-Pack	12-Pack
\$75	\$280	\$520	\$660

Duo 2:1	Trio 3:1
\$75 Total	\$75 Total



Participants must schedule classes with Seth Anne directly by emailing:

bodycentrichealth@gmail.com

NOTE: All newcomers must schedule an assessment session before participating in any Pilates class. If you are from out-of-town, please bring a note from your regular Pilates instructor.

Small Group Tower Classes

These sessions give you the opportunity to experience Pilates at an affordable price point. Small group classes offer a full body workout that increases flexibility and mind/body awareness, while assisting with building lean, flexible muscles, increasing coordination, improving posture, and relieving stress.

Small Group Pilates			
Single Class	4-Classes	8-Classes	12-Classes
\$25	\$80	\$140	\$180

Mondays @10:15 AM	Tuesdays @8:00 AM and 9:00 AM	Wednesdays @10:15 AM	Thursdays @8:00 AM and 10:00 AM	Fridays @10:15 AM
Beginner/ Intermediate	Intermediate/ Advanced	Beginner/ Intermediate	Intermediate/ Advanced	Beginner/ Intermediate

All packages expire 6 months from the date of purchase.