

# Pilates Studio

## at The American Club



[www.amclub.org.sg](http://www.amclub.org.sg)

Pilates Studio: 6739-4465

Sports Counter: 67394312

At Options Pilates Studio, we adopt the Pilates Academy International (PAI) method, a contemporary approach to Pilates. PAI integrates modern principles of exercise science, anatomy, and biomechanics, making it one of the safest and most efficient workouts available. Classes are kept small for more personal attention from the instructor, so you can be guided and get the most out of your session. Options Pilates offers instructor training programs, allowing us to maintain quality control and deliver superior Pilates experiences to our clients. Our classes aim to enhance strength, flexibility, and posture, all while promoting a balanced, healthier lifestyle without building unnecessary bulk or placing undue stress on joints. We're equipped with a range of apparatus, including the Reformer, Cadillac, and Chair, along with various props, enabling us to cater to different strength levels, body types, and fitness objectives.

Master Trainer	Trainers
Annie Agoncillo	Alvan Chan Jing Jing Cheong Yerin Kim Anthea Lee Mary Sng Chua Li Li Arinah Hamzah

FEES	Private 1-on-1 Pricing	Single Session	10-session Package	One-Time Trial	
	Trainer	\$151 per person	\$1,394 per person	\$69 per person	
	Master Trainer	\$182 per person	\$1,596 per person	\$139 per person	
	DUET (1-on-2) Pricing (price quoted are for 2 persons)	Single Session	10-session Package	One-Time Trial	
	Trainer	\$242	\$2,182	\$117	
	Master Trainer	\$303	\$2,788	\$198	
	Group Class Pricing	Single Session	10-session Package	One-Time Trial	
	Group Classes	\$61 per person	\$555 per person	\$51 per person	
	<ul style="list-style-type: none"> <li>• All classes/session subject to availability</li> <li>• Advanced booking recommended. Call 6739-4312/4465.</li> <li>• A 24-hour cancellation policy applies to all private and group sessions</li> <li>• All prices are inclusive of GST</li> </ul>				

STUDIO ETIQUETTE	ATTIRE
<ul style="list-style-type: none"> <li>. Please refrain from wearing strong fragrances at the studio.</li> <li>. All first-time visitors to any class should arrive 15 minutes early to complete the assessment forms.</li> <li>. If you are late and have missed the warm-up for your group class, for your safety, you must do sufficient warm-up on your own before following the rest of the class.</li> <li>. Please respect the wishes of others and their desire to experience Pilates in a calm, focused atmosphere. Make sure your noise level does not disturb others.</li> <li>. Please switch phones to silent or vibrate mode.</li> <li>. For hygiene purposes, please wipe down the equipment after use and spray with disinfectant.</li> <li>. We ask that you refrain from bringing young children with you, as there is no way for them to be adequately supervised while you are exercising. Junior Members are welcomed to attend these classes.</li> </ul>	<ul style="list-style-type: none"> <li>. For all classes, please wear comfortable exercise clothing such as fitted shorts, vests or t-shirts. Shorts are ideal as they allow our instructors to easily check your knee placement, but leggings are fine too.</li> <li>. Clean socks are required. Socks with grips are ideal. Socks with separate toes are recommended as they allow proper movement of the toes which are essential for balance and grip.</li> </ul>