

How Are We Different from Other Studios?

WE AIM TO REMAIN AUTHENTIC TO THE
PILATES METHOD

This means that you will receive more personal attention by your teacher due to our smaller and more private sessions. You will therefore benefit from receiving your own individualized program which you can practice regularly in our **open studio sessions** under mindful supervision of your teacher. You can trust that your teachers at Pilates Precision Action Sport Physio, are all highly qualified and certified in the teachings of the Pilates Method.

Samya Tatone



Call us for an appointment today!
Tel: (514)606-4808
statone@actionsportphysio.com

 2011 Class Schedule				
Mon	Tue	Wed	Thur	Fri
	8:30-9:30 Boundless Spine		8:30-9:30 Pilates Energy	8:30-9:30 Pilates Flexible Strength
		12h-13h Pilates Core	12h-13h Pilates Core	NEW!
		16h-17h Pilates Flexible Strength		
19h-20h Pilates Core	NEW!	19h-20h Pilates Flexible Strength		



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Pilates Precision Studio

Pilates Precision Studio was set up originally in London, UK. It was owned and directed by **Samya Tatone**. She has worked with a variety of clients from triathletes to referrals from Physiotherapy clinics.

Samya also specializes in pre- and Postnatal Pilates.

Samya has now moved her practice to her home of Montreal where she develops and teaches workshops and courses.

Her repertoire has expanded to offering and incorporating Breathwork, Yoga, Kinesiotherapy and release techniques to her practice to provide more rounded and specific Treatment.

PRICES

INITIATION PACKAGE <i>3 Private one-on-one 1 hour each</i>	\$210 <i>Taxes Included</i>
PACKAGES <u>PRIVATE</u>	
5 Sessions <i>(Expires 3 Months)</i>	\$325
10 Sessions + 1 FREE <i>(Expires 6 Months)</i>	\$600
20 Sessions + 2 FREE <i>1 Free Massage Included (Expires 12 Months)</i>	\$1080 <i>All Taxes Included</i>
<u>DUO</u>	
10 Sessions <i>[2 Clients] (Expires 6 Months)</i>	\$330/Client <i>All Taxes Included</i>
<u>OPEN STUDIO & MATWORK</u>	
1 time/week <i>1.5 Hrs each session Expires: 3 Month cycle</i>	\$455/Client <i>All Taxes Included</i>
<u>GROUP MATWORK</u>	
<i>1Hr each session 10 Sessions (3 Persons COMPULSORY)</i>	\$175/Client <i>All Taxes Included</i>

SESSION DESCRIPTIONS

Private

We recommend everyone start Pilates with one-to-one sessions as it is important for the individual first to grasp this specialized technique both mentally as well as physically. It is also vital that the teacher get to know your history of injuries (if any) and see how structurally fit you are currently so that your Pilates program can be modified appropriately if needed. These sessions are of 60 minutes duration. Following your first three privates, you may discuss with your teacher how to continue your practice whether privately, semi-privately or in group. Be sure to enjoy the personal attention!

Duo

These classes are for couples or people who would like to work simultaneously with a friend. Generally, the session is structured as a 60 minute class (doing common exercises together), however you both benefit from receiving individualized attention. Exercises are always modified to ones ability or need.

Open Studio/Matwork

Join the open studio, the way Joseph and his wife Clara ran their studio. These sessions are geared around the individual working for 90 minutes under supervised instruction by the Pilates teacher while sharing the studio with one or two other persons. You will be working on *your personal program* for a choice of once or twice a week in the studio. These sessions are recommended to anyone wanting to incorporate Pilates as a regular form of exercise and/or rehabilitation into their weekly routines and especially for those persons who need Pilates in conjunction with other forms of therapy in the clinic.

Group Matwork

These small group, pure Matwork sessions are taught in class format. Small props are often used to challenge the workouts. Each class is themed, highlighting flexibility, core strength and spinal health. Our groups require a minimum of 3 persons attendance. One is not obliged to attend the same class every week, but places must be booked in advance. Drop-ins are not accepted. These classes are recommended for post-rehabilitation clients with some Pilates experience as well as more advanced students. Please see class schedule