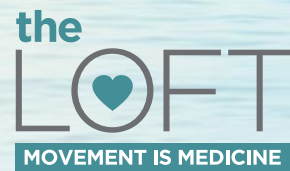


CHANGE  
HAPPENS  
THROUGH  
MOVEMENT,  
AND  
MOVEMENT  
HEALS.

—JOE PILATES—



[www.thelofttraining.com](http://www.thelofttraining.com)

**805.689.0987**



EMILEE GARFIELD

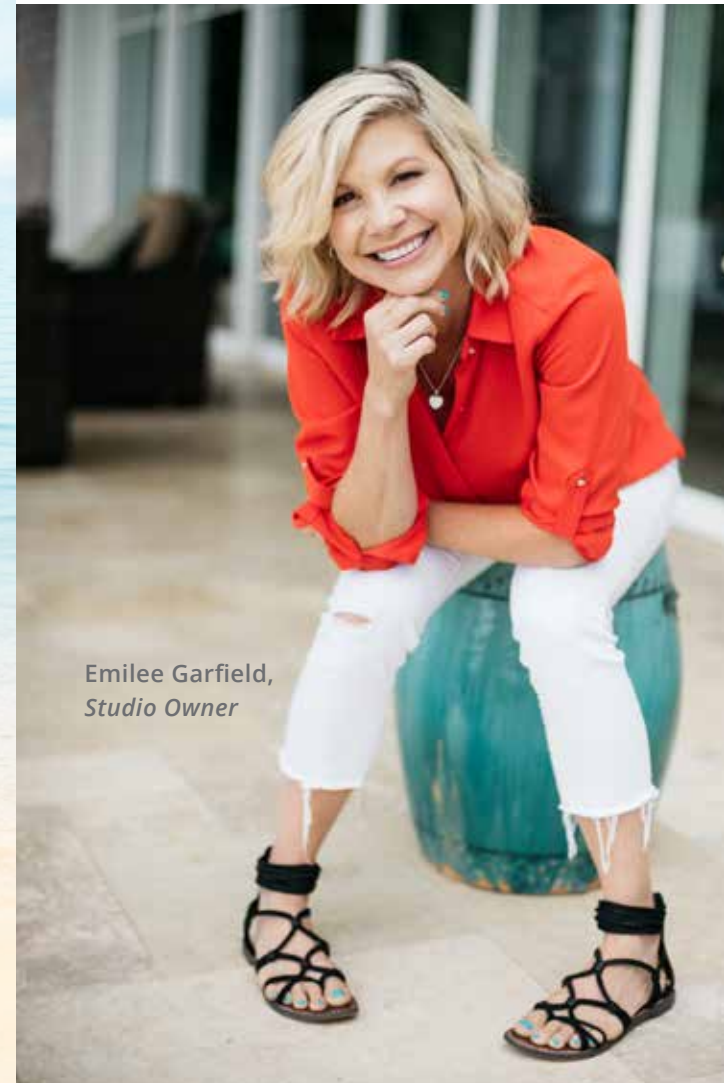
[www.emileegarfield.com](http://www.emileegarfield.com)

[emilee@emileegarfield.com](mailto:emilee@emileegarfield.com)

LOCATED UPSTAIRS AT THE TRAINING ROOM

1 N. Calle Cesar Chavez  
Suite 110  
Santa Barbara, California  
93103

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Emilee Garfield,  
*Studio Owner*

SCHEDULE

**MONDAY 9:15AM-10:15AM**

**Yogalates Using Pilates Reformer**

*(60 Minutes, Limited to 7)*

This class is the perfect combination of both stretching and strengthening and incorporates the Pilates reformer along with yoga stretches. This class combines both core work, flexibility and strength for your overall body.

**TUESDAY 9AM-10AM**

**Group Pilates Reformer**

*(60 Minutes, Limited to 7)*

This is a basic reformer class emphasizing core strength, hip strength and flexibility. This is a foundation building class that will work every muscle through movement and breath while being safe.

**WEDNESDAY 9:15AM-10:15AM**

**Yogalates Using Pilates Reformer**

*(60 Minutes, Limited to 7)*

This class is perfect for those who like to slow down and focus on building their strength from the inside out. Correct alignment and form are always emphasized in this class. This class provides core strength, hip work, flexibility and overall strength and body awareness.

**THURSDAY 9:15AM-10:15AM**

**Yogalates Using Pilates Reformer**

*(60 Minutes, Limited to 7)*

This is a basic reformer class emphasizing core strength, hip strength and flexibility. This is a foundation building class that will work every muscle through movement and breath while being safe.

**FRIDAY 9:15AM-10:15AM**

**Pilates & Yoga for Back Care/Scoliosis**

*(75 Minutes, Limited to 10)*

Scoliosis is an abnormal curvature of the spine. The most common symptoms are lower back pain and stiffness. In this class we focus on strengthening the core and back muscles for a healthier spine. In this class we also emphasize poses that lengthen the muscles between the ribs, like side bends.

**SATURDAY 8:30AM-9:30AM**

**Semi-Private Pilates Reformer**

*(60 Minutes, Limited to 5)*

This is a basic reformer class emphasizing core strength, hip strength and flexibility. This is a foundation building class that will work every muscle through movement and breath while being safe.

**For all GROUP classes:** text ahead to reserve your space [NO DROP INS]

Join Us...

**PILATES REFORMER  
SESSIONS**

**GROUP CLASSES ONE-HOUR SESSIONS**

single session drop-in . . . . \$ 40

package of 10 . . . . . \$350  
*(\$35 per class)*

**PRIVATE ONE-HOUR SESSIONS**

single session . . . . . \$150

package of 8 . . . . . \$960  
*(\$120 per class)*

**DUET ONE-HOUR SESSIONS for 2 PEOPLE**

single session . . . . . \$120

**TRIO ONE-HOUR SESSIONS for 3 PEOPLE**

single session . . . . . \$160

**HOME VISIT ONE-HOUR SESSIONS**

single session . . . . . \$180

*prices shown are for each person*

*"In ten sessions you'll feel the difference, in twenty you'll see the difference, and in thirty you'll have a whole new body."*

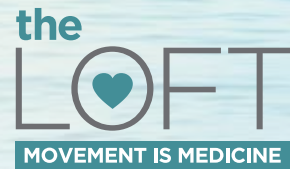
**—Joseph Pilates 1880 - 1967**

*available by appointment only*

24-hour cancellation required or you will be charged full amount. Duets responsible for entire amount if partner cancels.

Change  
HAPPENS THROUGH  
MOVEMENT... AND  
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HEALS.

—JOE PILATES



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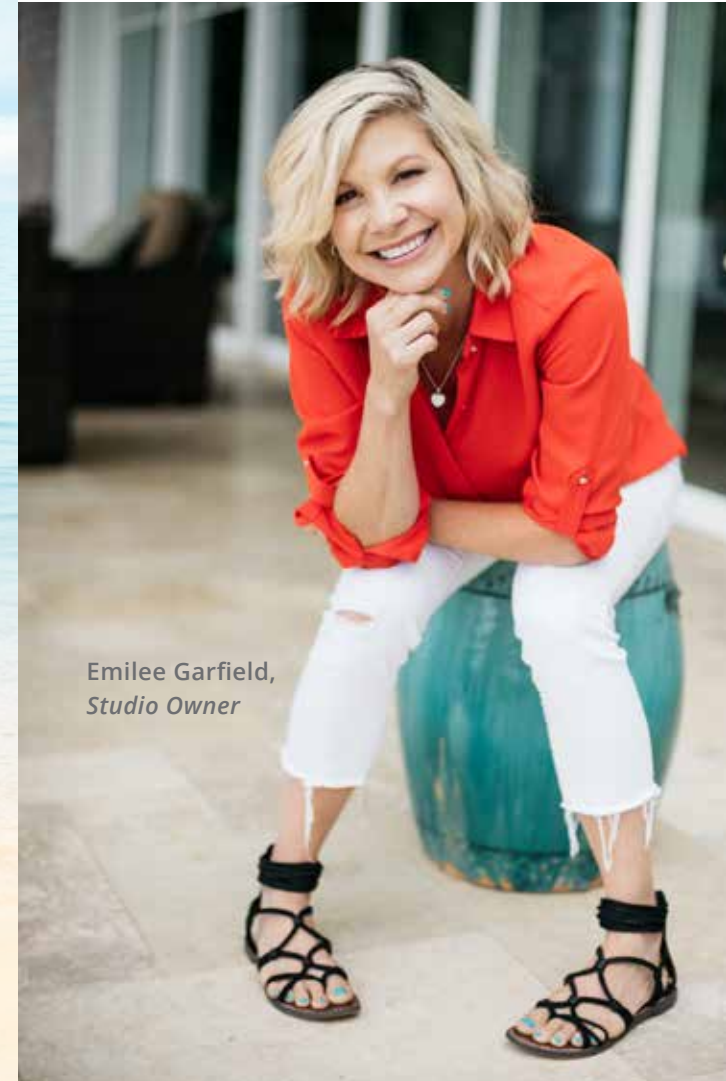
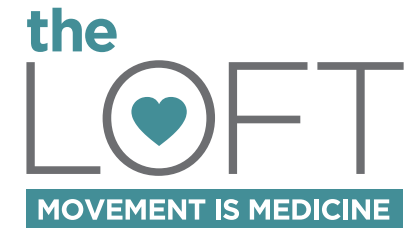
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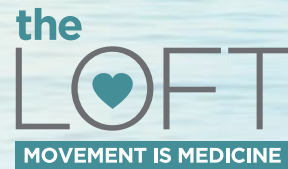
# Movement

IS MEDICINE



*Change happens through  
movement, and movement heals.*

—Joe Pilates



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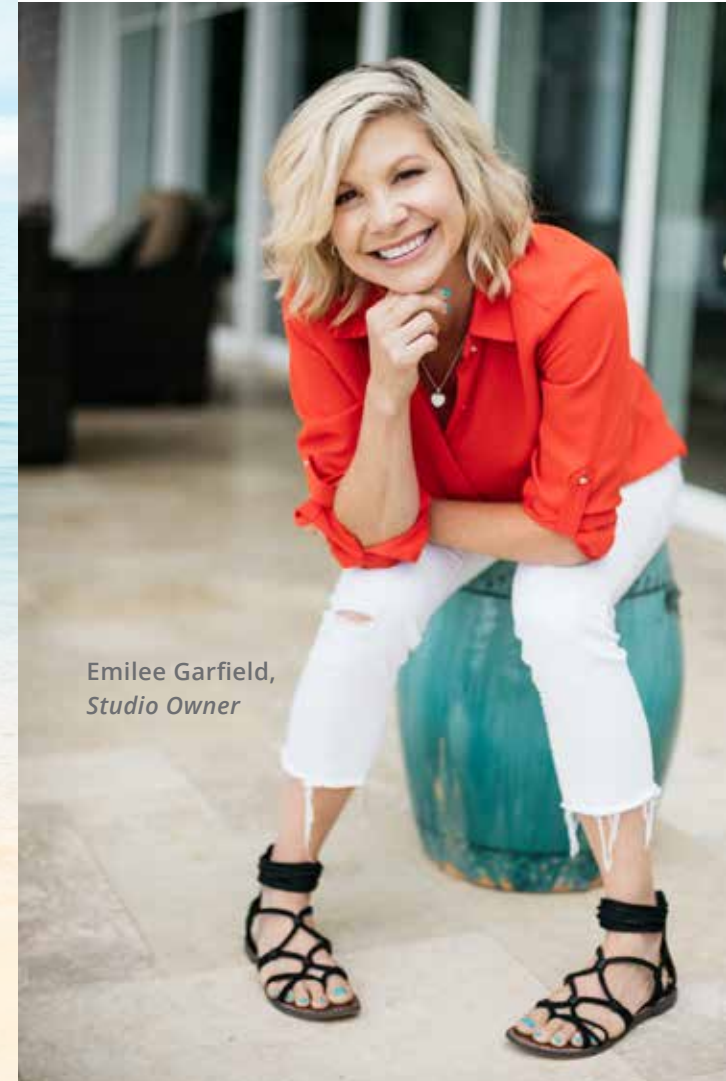
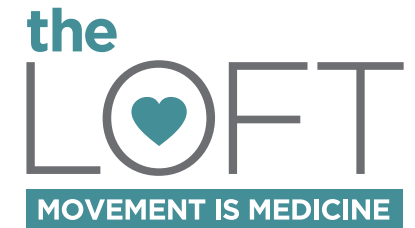
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