

## Studio Etiquette

- Do not wear perfume or cologne to **The Firm**.
- Do not wear jewelry or bring valuables. We will not be responsible for lost or stolen items.
- Socks are required to use Pilates equipment.
- Bring a hand towel.
- Turn off or silence cell phones.
- Joining a group class is subject to instructor approval
- Be quiet if a class or massage is in session.

## Pilates

### Private 55 min. \$70

A private session provides the best individual Pilates experience. The client will train in private with a Certified Pilates Teacher and receive a fully-customized exercise program specifically designed to meet the client's fitness needs and goals. The session will be conducted on the equipment and mat.

### Semi-Private (2-3 clients) 55 min. \$50 each

A semi-private session is for a group of 2-3 clients. ★ It is an economical way to receive personal attention and a semi-customized exercise program to meet fitness needs and goals. The group will train in private with a Certified Pilates Teacher and learn the Pilates repertoire on the equipment and mat. Exercises on the equipment may be done in unison or in a circuit.

★ The 2-client minimum and cancellation policy will be strictly enforced. If only 1 client attends, such client will be charged for a private session unless another group member agrees to be charged for the session.

### Reformer Class 55 min. \$35 each

A reformer class is an efficient and economical option to workout on the equipment. The class will learn the Pilates repertoire on the reformer and incorporate small aids to modify or intensify the workout. Exercises are done in unison. Classes are offered several times a week to promote regular practice for maximum results. Please refer to the current class schedule.

### Reformer & Exo Chair Class 55 min. \$35 each

A reformer & Exo chair class is for **The Firm** or advanced client looking for a uniquely challenging workout. The class will learn the Pilates repertoire on the reformer and Exo chair. Space is limited and clients must be pre-approved to participate.

### Mat Class 55 min. \$17 each

A mat class is a great introduction to the Pilates Method, and accommodates the most number of clients. The class is devoted to teaching the Pilates mat repertoire. The learned exercises can be practiced in the Studio or at home for continuous conditioning. Classes are offered several times a week to promote regular practice. Please refer to the current class schedule.

## Fitness Classes

### Stretch Class 40 min. \$12 each

Stretch class is the perfect way to begin the day. It gently says, "Good Morning, Body." Stretch class teaches modified or beginner-level Pilates exercises and focuses on breath patterns, flexibility, range of motion, balance, and flowing movements. Mats and small aids, such as, the Pilates Arc, resistance bands and Pilates circles may be used. The learned exercises can be practiced in the Studio or at home for ease of movement in performing daily tasks. Classes are offered several times a week to promote regular practice. Please refer to the current class schedule.

### Yoga Class ♥ 75 min. \$17 each

Yoga class at **The Firm** is an inspired journey through breath and movement. Similar to Pilates, Yoga exercises require a mind-body connection. However, Yoga prepares the body for meditation whereas Pilates uses the mind to control efficient body movements. Yoga mat poses promote alignment, flexibility, balance, and strength. Clients are strongly encouraged to bring their own yoga mats to class.

## Pilates & Fitness Packages

<u>Training</u>	<u>4-pk</u>	<u>6-pk</u>	<u>8-pk</u>
Private	\$268	\$390	\$504
Semi-Private	\$188	\$270	\$344
Reformer	\$128	\$180	\$224
Reformer & Exo	\$128	\$180	\$224
Mat♦	\$64	\$90	\$112
Stretch	\$46	\$66	\$80

Unlimited Month (30 days) Equipment Classes \$215  
Unlimited Month (30 days) Mat♦ Classes \$100

- ♦ Includes Pilates Mat and Yoga Classes
- ♥ Private and Semi-Private Yoga sessions are also available. Please inquire for pricing.

## Massage Therapy

### Body Balance 60 min. \$70 90 min. \$110 Express 30 min. \$45

Based upon the Elemental Nature Philosophy, experience a personalized massage using your favorite aromas. A variety of massage techniques will address your specific needs.

### Lomi Lomi 60 min. \$85 90 min. \$125

Lomi Lomi, a traditional Hawaiian massage technique, is a sacred healing art handed down from generation to generation by the *Kupuna* or Hawaiian elders. Integrating the use of forearms and elbows, the techniques are rhythmic and unique to each therapist.

### The Firm Body 60 min. \$85 90 min. \$125

**The Firm** Body massage is a customized sports massage that targets specific areas of an athlete's body in need of attention and care. The massage incorporates various techniques and range of motion movements to address overused parts by relaxing and stretching the muscles.

### Deep Tissue 60 min. \$85 90 min. \$125

The therapist uses firm pressure and traditional European techniques to target the deeper structure of your body.

**Fusion Stone** 90 min. \$130

Heated stones are fused with various massage techniques and the aromatic power of traditional North American plants to soothe, balance, and energize the body. Sage, cedar, and sweet grass envelope the senses while the hot stones enhance the skin's hydration.

**Organic Botanical** 60 min. \$85 90 min. \$125

Experience a personalized massage using USDA approved certified organic products. A variety of massage techniques will address your specific needs. The organic botanical extracts are unscented and hypo-allergenic. Even the most discriminating clients will be pleased.

**Prenatal** 60 min. \$95 90 min. \$130

As a Mother-to-be, experience a soothing therapeutic massage focusing on your special needs as your body goes through dramatic hormonal changes prior to childbirth.

**Rosemary Mint** 60 min. \$90 90 min. \$130

Renew the mind and body with this nurturing and stimulating full body massage finished with a dry wrap. Essences of rosemary and peppermint will awaken your senses while the body is exfoliated, smoothed, relaxed, and wrapped. It's a heavenly experience from head to toe.

**Apprentice Massage** 60 min. \$35

Enjoy a relaxing Body Balance or Lomi Lomi massage at the hands of our apprentice massage therapist.

*Massage Therapy Packages*

<b>Body Balance</b>	<u>60 min.</u>	<u>90 min.</u>
4-pack	\$268	\$420
8-pack	\$520	\$800

**Specialty Escapes** 60 min. 90 min.

Pick your escape by mixing & matching massages.

4-pack	\$328	\$480
8-pack	\$640	\$920

✂ Limited to one (1) Fusion Stone, Prenatal, or Rosemary Mint massage per 4-pack and two (2) per 8-pack. 60 min. Fusion Stone is not available.

*The Firm Studio Packages*

**The Firm Studio Deluxe Package** 125 min. \$125

You deserve to reap the rewards of your hard work. Enjoy a Private Pilates Session immediately followed by a 60-minute Body Balance Massage. Only **The Firm** offers this extremely satisfying combination of intense exercise and ultimate relaxation.

**The Firm Athlete Package** Custom

If you are an athlete training for competition, this package is for you. **The Firm** will design a customized Pilates and massage program to enhance your performance, prevent injury, and promote long-term wellness.

*Special Engagements*

**Studio Team Training** 55 min. \$100

**Studio Massage Party** 55 min. \$80

**Destination Events** 55 min. \$110/professional

Retain **The Firm** for an individual or group engagement at the venue of your choice for a Pilates mat session, a massage session, a massage party, or a corporate wellness event.

*Important Information*

All sales are final.

All prices are subject to Hawaii General Excise Tax.

Gifts cards are available in any denomination. Gift cards may not be redeemed for cash and expire 5 years and 1 week from date of purchase or reloading.

🕒 All packages expire 6 months from purchase date.

Please arrive at least 10 minutes prior to your first Pilates session and for all massage appointments. Treatments will end as scheduled to ensure that the following appointment will begin on time.

Persons under 18 may not receive massage services.



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**Hours of Operation**

Monday & Thursday	11:00 a.m. – 7:30 p.m.
Tuesday	8:30 a.m. – 7:30 p.m.
Wednesday	10:00 a.m. – 7:30 p.m.
Friday	10:00 a.m. – 5:00 p.m.
Sunday	11:00 a.m. – 3:00 p.m.
Saturday	By appointment only

**Appointments and Reservations**

Appointments are required for all Pilates, Yoga and massage therapy sessions. Appointments may be scheduled outside of the operating hours listed above. All appointments must be secured by credit cards.

Class reservations are strongly recommended. Reserve spot at least 45 minutes prior to class time or class may be cancelled.

**24-Hour Cancellation Policy**

All reservations are subject to the 24-hour cancellation policy. Studio must be notified of cancellation at least 24 hours prior to the scheduled appointment time. Otherwise, the full amount of the service will be charged.

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