

GLOW BODY PILATES

31 E. RIDGEWOOD AVENUE, 2ND FLOOR · RIDGEWOOD, NEW JERSEY

Rates

SEPTEMBER 2026

Your first 30-minute session is complimentary.

Then, we both decide the plan.

One-to-one, never overlapping. Package pricing is designed for those who want to come more often — consistency is where the work compounds, and the larger packages are priced for it.

PRIVATE SESSIONS · ONE TO ONE

45 MINUTES

Single	\$88
5 lessons	\$390 \$78 each
10 lessons	\$760 \$76 each
20 lessons	\$1,480 \$74 each

60 MINUTES

Single	\$98
5 lessons	\$440 \$88 each
10 lessons	\$860 \$86 each
20 lessons	\$1,680 \$84 each

30 MINUTES

Single	\$78
5 lessons	\$345 \$69 each
10 lessons	\$660 \$66 each
20 lessons	\$1,280 \$64 each

SEMI-PRIVATE DUET

Train alongside a partner of your choosing. The same attention, shared — and the most affordable way to work with me regularly. Please bring your own partner; I don't pair people up.

PRICES PER PERSON

45 MINUTES

Single	\$54
5 lessons	\$240 \$48 each
10 lessons	\$450 \$45 each
20 lessons	\$850 \$42.50 each

60 MINUTES

Single	\$58
5 lessons	\$270 \$54 each
10 lessons	\$510 \$51 each
20 lessons	\$960 \$48 each

These are designed for a program and an ongoing relationship, with a weekly time held for you. Or we move things around when you need us to. Single sessions are treated on a week-to-week basis, with no ongoing appointment or weekly held spot.

Packages expire **6 months** from purchase, non-refundable and non-transferable.

Venmo, Zelle, personal check or cash. · **24-hour notice** to cancel or reschedule.

Socks required for every equipment session, no bare feet.

WWW.GINASANTANGELO.COM