



Pilates, Fitness & Therapeutics, Inc.

Equipment Based Pilates

Personal Training

Muscle Activation Techniques

Nutrition Counseling

Pilates, Fitness & Therapeutics, Inc. is a wellness center that believes the mind and body work together to promote wellness. We personalize one-on-one fitness and post-rehabilitation training to achieve your unique goals. Our private studio provides the opportunity for you to learn about your body and enhance your capacity to function optimally.



Jennifer Gerali, MS
STOTT/NASM/MAT Certified

Menu of Services

Individual Sessions (30 Minutes)

Single Session \$ 45

Individual Sessions (50 Minutes)

Single Session \$ 80

Series of 6 \$ 435

Series of 10 \$ 710

Series of 12 \$ 835

Series of 20 \$ 1,390

Individual Sessions (90 Minutes)

Per Person/Per Session \$ 125

Duet Sessions (50 Minutes)

Single Session \$ 135

Series of 6 \$ 750

Series of 10 \$ 1,200

Series of 12 \$ 1,320

Muscle Activation Techniques \$ 100

Kranking (30 minutes) \$ 30

Nutrition Consultation \$ 300

Custom Menu Planning \$ 75

****Prices subject to change without notice***



Pilates, Fitness & Therapeutics, Inc.

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www.NaplesPilates.com

Located in the Castello Professional Center