



5155 Old Scandia Ln.
Calabasas, CA 91302

robinsammis@att.net
310.871.0943

WELCOME

WELCOME TO ROBIN'S PILATES!

Pilates is for everybody. Pilates is a lifestyle and a necessity to functional moving and for keeping the spine flexible. It is a unique system of exercises to lengthen and strengthen muscles, to help improve posture, balance and to increase strength and muscle tone.

My goal is to inspire clients to feel wonderful about themselves, get energized and feel strong. It only takes one session to feel what Pilates can do for your body.

In 10 sessions, you will feel the difference
In 20 sessions you'll see the difference
In 30 sessions you have a whole new body

-Joseph Pilates



ABOUT



ROBIN HORSFIELD SAMMIS MASTER PILATES INSTRUCTOR

Robin is a certified Master Pilates Instructor since 2001. She has been a recognized fitness professional for over 30 years.

Robin's life long passion for health and wellness culminated in developing her specialized blend of Classical and Contemporary Pilates, focusing on core and body awareness. Her training and insight into body mechanics is evidenced by her extensive experience rehabbing injuries and ambulatory pathologies. This unique skill set and approach, paired with her attention to detail has drawn a selective clientele of athletes, celebrities and professionals to her private practice. The majority of Robin's clients have been working with her for over 15 years, a testament to her attitude and results.



LOCATION

Robin's Pilates is located in sunny Calabasas. It is just off the 101 freeway, exit at Calabasas Parkway. The studio is easy to get to, about a mile from the freeway exit off Old Scandia Lane. Robin's Pilates is located on the lower property of Calabasas Pickleball Club (CPC), just head down the drive to the lower parking lot. The studio is a bright open space with plenty of free parking, a changing room with a shower and amenities, and a retail area. There is a welcoming sitting area with table and chairs, a place to have a snack, relax or socialize before or after your session.



PRICING

RATES, PACKAGES, NEW CLIENT SPECIALS

INTRODUCTORY PACKAGES

(first visit only, no discounts)

3 private sessions: \$240

3 Duet sessions: \$160

PRIVATE SESSION

Single session: \$115

5 sessions: \$525

10 sessions: \$1000

20 sessions: \$1900

DUET

2 clients (price per person)

Single session: \$70

5 sessions: \$325

10 sessions: \$600

20 sessions: \$1100

(Semi Private pricing available for sessions with 3-5 clients.)



GROUP REFORMER CLASSES

5 student max/2 student minimum

1 class: \$48

5 class: \$225

10 class: \$420

20 class: \$780

ONE ON ONE STRETCH

15 min FREE intro (first visit only)

15 minute session: \$25

30 minute session: \$50

50 minute session: \$85

***CPC members receive 10% off**





THANK YOU

To sign up please fill out the following forms and email to: robinsammis@att.net



Waiver & Release
of Liability Form



Private Instruction &
Studio Policies Form