

Pilates-SF (Pilates San Francisco)

**Convenient San Francisco location at the gateway to the Peninsula.
Great for Peninsula/ San Francisco commuters!**

33 Jennings Court (not Jennings Street!), San Francisco, CA 94124

About

The Pilates method of exercise & conditioning was developed by Joseph Pilates in the 1920's for long term rehabilitation of those wounded in World War I.

- It is a movement system which uses spring weighted apparatus and a mat repertory to condition the body and rehabilitate injuries.
- The exercises focus on strengthening the core muscles of the body while improving posture and spinal alignment.

Benefits include:

- Increased flexibility and coordination
- Development of long, lean (instead of bulky) muscles
- Improved strength and endurance
- Injury rehabilitation and prevention
- Aids in the prevention of osteoporosis

The studio focuses on a personalized fitness program tailored to help the client improve the quality of their life, excel at any sport or activity and achieve a balanced body.

Staff

Leslie Streit is a Certified Pilates Instructor through the [Physical Mind Institute](#) New York City/Santa Fe, NM. and is also a member of [IDEA](#), a worldwide fitness organization. Other credentials include:

- California K-12 Teaching Credential in Dance Choreography
- California Community College Teaching Credential in Dance
- Master of Arts Degree in Dance & Art

Leslie Streit has over 20 years experience in dance and theater as a dancer, teacher, choreographer, and fitness instructor and has been teaching this method to the public since 1996. Her clients include people of all ages and abilities. She brings an extensive knowledge of functional movement and mind body systems to her work. Her experience includes rehabilitation of dance and sports injuries and muscle imbalances. She continues to take classes in ballet and in the [Feldenkrais Method®](#).

Leslie has studied extensively with::

- Karen Madison
- Mercy Sidbury
- [Augusta Moore](#)

Rates

Private session \$75.00

Private session twice/week \$140/wk = \$70.00/session *note: the \$70/session rate applies only when there are actually two sessions attended in one week.*

Five Week Series - good for 90 days from purchase

Private Session once/week \$370 for a series of 5
(or \$74/session)

Private Session twice/week \$690 for a series of 10
(or \$69/session)

note: the \$69/session rate applies only when there are actually two sessions attended in one week.

Semi-private sessions: call for rates & availability, or: **Bring a friend & do a double** for \$100 (that's \$50 each)

- Sessions are one hour long.
- Please call for an appointment - no walk-ins.
- Daytime and evening sessions are available.

We have a 24 hour advance notice cancellation/reschedule policy.

Rates subject to change. These rates effective March 2007.

Hours

Monday through Friday

- 10 am to 6:30 pm

- Studio closes at 7:30 pm.

All sessions by appointment only. No drop-ins.

Contact

Call: 415-468-7898


Pilates-SF


The Leslie Streit Studio

33 Jennings Ct

San Francisco, CA 94124

Email: leslie@pilatessf.com

 SF Muni - take the **T Third St light rail** to the LeConte Station. walk up Third St to Meade. Turn left, walk up to Jennings Ct and turn right – continue to 33. (3 blocks)


 CalTrain - Get off at the Bayshore Station walk uphill on Tunnel to Bayshore, turn right and continue uphill across the 101 overpass, then turn right on Meade & right on Jennings Ct. (10-15 min. walk)

Pilates San Francisco
 33 Jennings Ct.
 San Francisco, CA 94124
 415-468-7898

To Daly City & San Jose

Automobile:

From downtown take 101 South, exit at Third St/CowPalace- stay in center lane then turn left at the light (right of rail track-overpass goes over 101), get in the right lane, turn right at Meade (go uphill), then right onto Jennings Court, make a right into cove. Park.

 From the Peninsula take 101 North, exit at Third St. – turn right on Meade – turn right onto Jennings Court – make a right into cove. Park.

