





JULY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
★★ NEW★★ 10-11AM BEGINNER PILATES TOWER CLASS (JEANETTE)		★★ NEW★★ 10-11AM PILATES MAT WITH PROPS (JEN)	★★ NEW★★ 9-10AM ABSOLUTE BEGINNER PILATES TOWER WORKSHOP 5 WEEKS 7/15-8/12 \$140 (KRISTIN)	★★ NEW★★ 10-11AM INTENSIVE PILATES SCULPT (DANIELLE)	★★ NEW★★ 9:45-10:45AM FLOW YOGA (MELISSA)	10-11AM PILATES TOWER CLASS (DANIELLE)
★★ NEW★★ 11AM-12PM PILATES TOWER CLASS (JEANETTE)		★★ NEW★★ 11AM-12PM PILATES TOWER CLASS (JEN)	10-11AM PILATES TOWER CLASS (DANIELLE)	11AM-12PM PILATES TOWER CLASS (DANIELLE)		
6:30-7:30 PM PRENATAL YOGA WORKSHOP JUN 28 TH – AUG 9 TH (NO CLASS ON JULY 5 TH) 	FEATURED WORKSHOP OF THE MONTH: 5 Week Absolute Beginner Pilates Tower Workshop Thursdays at 9AM 7/15/10 -8/12/10 - \$140 Registration required		★★ NEW★★ 6-7 PM YOGA FOR EVERYONE (TONI)	PRIVATE YOGA SESSIONS AVAILABLE!		
	7-8PM PILATES TOWER CLASS (DANIELLE)	7-8PM PILATES TOWER CLASS (DANIELLE)	NO CLASSES AT THE STUDIO ON JULY 5th IN HONOR OF INDEPENDENCE DAY!			
7:45 -8:45 PM PILATES YOGA FUSION (TONI)	★★ NEW★★ 7:15-8:15 PM FLOW YOGA (MELISSA)	7-8PM PILATES MAT CLASS (KATHY)	7:15-8:15 PM FLOW YOGA (TONI)	GIRLFRIEND CLASSES A small private class can be set up for you and your friends to run regularly at our studio. Come get in shape using Pilates, Yoga and strength training exercises in the company of your closest friends or family!		

CLASS DESCRIPTIONS

PILATES STRETCH & STRENGTHEN CLASSES

These wonderful workshops for kids and teen athletes will increase your kids' strength, stamina and flexibility, improve their coordination and concentration and enhance performance in their other athletic activities.

PILATES YOGA FUSION -

This innovative and fun class combines the core regime of classical Pilates with the flow of Vinyasa Yoga. Both work together to elongate your muscles while bringing strength and stability to both practices. This class will incorporate the magic circle and Thera-bands.

FLOW YOGA - They say "You can't build a second floor without a solid foundation" - We could not agree more! Flow is devised to teach proper alignment, breath work and meditation. This class will give you the acquired skills needed to build self-confidence in your Yoga practice. The more knowledge one has about how their body works and the conscious connection they have made, the smoother the journey towards a lifetime of Yoga practice. Beginners are welcome in this class where your fear and apprehension are released, and your growth is nurtured in a non-threatening environment.

PILATES MAT CLASSES - A group class designed for Pilates enthusiasts at all levels of fitness. It combines mat class exercises and the classical philosophy of Pilates apparatus work without the use of equipment.

INTENSIVE PILATES SCULPT - This class will tone your entire body! It incorporates weights, Thera-Bands, Magic Circles and classical ballet bar exercises to deepen your powerhouse connection and help tone your arms, your butt and your legs.

PILATES TOWER CLASSES - A Tower Class is a group class and incorporates the use of the Wall Unit (Tower) along with mat work. This challenging class is recommended for clients who have taken several private, semi-private and/or mat classes.

PRIVATE/DUET PILATES INSTRUCTION - work on our state-of-the-art Gratz Pilates machines with our amazing instructors. Pilates offers you over 500 exercises and our instructors will design a program specifically geared to helping you reach your own personal best!

GROUP CLASS RATES

For Pilates Tower Classes pricing see below

	Cost per class	Total	Terms
Your First Mat Class	\$10		New clients only, First class at the studio only
Single Mat Class (Drop-in rate)	\$20		
5 Mat Classes Series Card	\$17	\$85	Valid for 3 months
10 Mat Classes Series Card (Our most popular option)	\$15	\$150	Valid for 3 months
Mat/Tower Package: 5 Mat/5 Towers (only with instructor's approval)	\$15/mat \$25/Tower	\$200	Valid for 3 months
Prenatal Yoga Workshop (Registration required)	\$25	\$150	6 Class Workshop
Pilates Stretch & Strengthen for Kids (Registration required)	\$15	\$150	10 Class Workshop

PRIVATE AND SEMI-PRIVATE INSTRUCTION RATES

Private Session Cards can be used interchangeably to receive private instruction in both Yoga AND Pilates

	Cost per class	Total	Terms
Single Private Session (Drop-in rate)		\$75	
5 Private Sessions	\$70	\$350	Valid for 3 months
☆☆☆ OUR NEW CLIENT SPECIAL ☆☆☆			
10 Private Sessions Card	\$55	\$550	Valid for 3 months, ☆☆☆ One Time Offer Only ☆☆☆
10 Private Classes Card	\$65	\$650	Valid for 3 months
10 Duet Pilates Sessions Card	\$45 (per client)	\$450	Valid for 3 months
Single Duet Session (Drop-in rate)	\$55 (per client)		
20 Pilates Tower Classes Card	\$24	\$480	Valid for 6 Months
10 Pilates Tower Classes Card	\$25	\$250	Valid for 3 Months
Single Pilates Tower Class (Drop-in rate)	\$30		
☆☆☆ TOWER STARTER PACKAGE ☆☆☆ An ideal option for clients without much Pilates experience in either private or group setting	\$67.50/Private \$27.50/Tower	\$400	Includes 3 Privates & 7 Tower Classes Valid for 3 Months
☆☆☆ 5 PRIVATE/ 5 TOWERS PACKAGE ☆☆☆ An ideal option for clients who want to evenly blend their Pilates Tower and Private instruction	\$67.50/Private \$27.50/Tower	\$475	Includes 5 Privates & 5 Tower Classes Valid for 3 Months

DISCOUNTED RATES

WE OFFER SPECIAL DISCOUNTS TO STUDENTS AND THOSE OVER 65 YEARS YOUNG

	Cost per class	Total	Terms
Single Mat Class (Drop-in rate)	\$15		
10 Mat Classes Series Card	\$12.50	\$125	Valid for 3 months

BEAUTIFULLY PRINTED GIFT CERTIFICATES NOW AVAILABLE ONLINE!

STUDIO POLICIES

We value all our clients and in order to make each and every class into a wonderful experience for all we ask our clients to follow the studio policies listed below:

1. Clients will NEVER be pressured into buying class cards. Everyone can choose for themselves whether buying a discounted class card or paying for each class individually is right for them. However, regardless of payment option chosen, each class must be paid for before the class begins. Before each and every class the clients are expected to pay for the class if they do not have a valid class card.

2. Card Expiration - Each Class Card expires on the Expiration Date listed. **Class cards will not be extended. Class Cards are NON-REFUNDABLE and WILL NOT BE EXTENDED**

3. Missing a Reserved Class - Missing or canceling a scheduled Private/Duet/Tower Pilates or Yoga class with less than 24-hr notice will result in being charged for that class.

4. Class Cancellations - On occasion, a class may be cancelled. Especially in bad weather please call the studio to confirm that your class is still on. The moment the class is cancelled the answering machine message will say so. You can also go online to confirm that the class is still on.