

**Pilates Call-In Schedule
August 22 – October 16 2010**

Monday

Time	Level	Studio	Instructor
5:25 am	1	B	Leslie
5:25 am	2*	A	Brittany
12:05 pm	All	B	Tiffany
1:10 pm	Silver	B	Robin
5:40 pm	2*	B	FULL

Tuesday

5:25 am	3*	B	Robin
8:05 am	Silver Plus	B	Kyanne
9:20 am	All	B	Kyanne
9:20 am	3*	A	Cori
4:35 pm	2*	B	FULL
5:40 pm	All	B	Alicia

Wednesday

5:25 am	1	B	Brittany
5:25 am	2*	A	Robin
1:10 pm	Silver	B	Jacki
5:40 pm	2*	A	FULL

Thursday

5:25 am	3*	B	Robin
8:05 am	Silver Plus		Brittany
8:05 am	Silver	A	Kyanne
9:20 am	All	B	Kyanne
9:20 am	3*	A	Cori
4:35 pm	2*	B	FULL
5:40 pm	All	B	Angela

Friday

5:25 am	All	B	Brittany
12:05 pm	All	B	Robin
1:10 pm	Silver	B	Robin

Saturday

8:30 am	All	B	Leslie
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Each class is one hour in length

* Previous experience and instructor permission required for these classes*

If a class is listed as full you may try and drop in to fill any open spots. No reservation necessary

How to sign up

To sign up for Call-In Pilates call or stop by the front desk 295-2552, up to 48 hours in advance.

Cost

All call-in classes cost \$6 per class and are billed to you at the end of every month.

Cancellation policy

A late fee of \$3.00 will be charged if you cancel less than 3 hours before class.

A "no call, no show" fee of \$6.00 will be charged if you fail to cancel and not show up.

How to get started

All students must complete a set of four, one-hour introductory sessions before they attend class.

Introduction to Pilates classes are available in a small group, duet or private setting.

Cost

\$25 for group
\$35 for semi-private
\$50 for private sessions;

Cost includes all 4 classes and is subject to 7% sales tax

The next group introductory series will be held

September 14, 16, 21, and 23

October 5, 7, 12, and 14

12:05 - 1:05 p.m. and

6:45 - 7:45 p.m.

Sign up at the front desk.