



# Pilates Call-In Schedule

## January 11– March 7, 2010

Rockwell Collins  
Recreation Center

DAY/TIME	CLASS	LEVEL	STUDIO	INSTRUCTOR
<b>Monday</b>				
5:25-6:25am	Call-In Pilates	Level 1	B	Brittany
<b>9:30-10:30am</b>	<b><i>Pilates for Golf and Tennis Players</i></b> <i>(see back for info)</i>	<b>All Levels</b>	<b>B</b>	<b>Bonnie</b>
12:05-1:05pm	Call-In Pilates	Levels 1 & 2	B	Tiffany
1:10-2:10pm	Silver Pilates	Silver	B	Bonnie
5:40-6:40pm	Cal-In Pilates	Levels 1 & 2	B	Jacki
<b>Tuesday</b>				
5:25-6:25am	Call-In Pilates	Levels 2 & 3*	B	Robin
8:05-9:05am	Call-In Pilates	Silver	B	Kyanne
9:20-10:20am	Call-In Pilates	Levels 1 & 2	B	Kyanne
5:40-6:40pm	Call-In Pilates	Level 1	B	Alicia
<b>Wednesday</b>				
5:25-6:25am	Call-In Pilates	Level 1	B	Leslie
1:10-2:10pm	Silver Pilates	Silver	B	Jacki
5:40-6:40pm	Cal-In Pilates	Levels 1 & 2	B	Jacki
<b>Thursday</b>				
5:25-6:25am	Call-In Pilates	Levels 2 & 3	B	Robin
9:20-10:20am	Call-In Pilates	Levels 1 & 2	B	Kyanne
5:40-6:40pm	Call-In Pilates	Level 1	B	Alicia
<b>Friday</b>				
5:25-6:25am	Call-In Pilates	Levels 1 & 2	B	Robin
12:05-1:05pm	Call-In Pilates	Levels 1 & 2	B	Bonnie
1:10-2:10pm	Silver Pilates	Silver	B	Bonnie
<b>Saturday</b>				
8:00-9:00am	Call-In Pilates	Levels 1 & 2	B	Leslie

\*\*Intro to Pilates will meet January 12,14,19 and 21st. Also February 9, 11, 16 and 18th.

All 4 classes must be completed before attending other classes on the schedule.

Cost is \$25. Sign up at the front desk!



## Pilates Class Information

# New Schedule January 11- March 7, 2010

### ■ 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.
- \*\*Reservations may be made as early as 5:15pm Sunday for the Tuesday 6:45pm class\*\*

### ■ 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 4 one hour Intro sessions before they attend class.
- Intro to Pilates classes are available in a small group, duet or private setting. Cost is \$25 for group, \$35 for semi-private or \$50 for private sessions, the cost includes all 4 classes.
- The next group Intro will be held January 12, 14, 19 and 21st at 12:05pm and 6:45pm.  
In February group Intros will be held on the 9, 11, 16 and 18<sup>th</sup>.
  - Sign up at the front desk.
- Contact Bonnie if you wish to set up a duet or private Intro session.

### ■ WANT TO GET BACK IN THE PROGRAM?:

- Contact Bonnie if you are a returning or new student to get back into Pilates today. [bjbenesh@rockwellcollins.com](mailto:bjbenesh@rockwellcollins.com) or call 295-2552.
- The retaking of Intros is strongly encouraged, especially if you have been away from the program a year or longer.

### □ NEW CLASS: Pilates for Golfers and Tennis Players

- Mondays at 9:30-10:30am. Class will run for 6 weeks. Cost is \$33 for the 6 classes
- NO previous Pilates experience is required for this class.
- Sign up at the front desk to reserve your spot in this NEW class.

### ■ NEW SCHEDULE ON BACK