



CENTER FOR movement

authentic pilates™/gyrotonic® studio

Effective April 2011
New Class Format:

TOWER MAT CLASSES

- Advance sign-up is required for all classes, payment is required before booking.
- Space is limited to 6 people
- Classes can be booked as standing appointments, frequent cancellations will result in the loss of your appointment
- A 12-hour cancellation policy applies to all tower classes

Single Tower Mat for \$30

5-Class Card for \$140 (Expires after 3 months)

10-Class Card for \$250 (Expires after 3 months)

TOWER MAT CLASS SCHEDULE

Monday

Nicole 9:00AM Open Level Tower Mat

Tuesdays

Alexia 9:30AM Open Level Tower Mat

Wednesday

Tara 7:00PM Open Level Tower Mat

Saturdays

Patrick 9:00AM Advance Level Tower Mat

Anna 10:00AM Open Level Tower Mat

Sundays

Nicole 10:00AM Open Level Tower Mat

Effective April 2011
New Class Format

CROSS - TRAINER CLASSES

- Advance sign-up is required for all classes, payment is required before booking.
- Space is limited to 4 people
- Classes can be booked as standing appointments, frequent cancellations will result in the loss of your appointment
- A 12-hour cancellation policy applies to all tower classes

Single Cross Trainer for \$45

5-Class Card for \$210 (Expires after 3 months)

10-Class Card for \$400 (Expires after 3 months)

CROSS TRAINER CLASS SCHEDULE

Monday

Nicole	10:00AM	Cross Trainer Class
Tara	7:15PM	Cross Trainer Class

Thursdays

Elle	10:00AM	Cross Trainer Class
------	---------	---------------------

Fridays

Patrick	10:00am	Cross Trainer Class
---------	---------	---------------------

Saturdays

Patrick	11:00AM	Cross Trainer Class
---------	---------	---------------------