

# Pilates at CFM

## Tower Mat Classes\*

### New Format, New Class

Effective November 2, 2009

- Advance sign-up is required for all classes, payment is required before booking.
- Space is limited to six people, waitlist is available.
- 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 Class \$30
- 5- Class Card for \$140 (Expires after 3 months)
- 10-Class Card for \$250 (Expires after 3 months)

### Monday

9:30 am Open Level

### Tuesday

9:30 am Open Level

11:00 am Advance

**Wednesday** 7:00 pm Advanced

**Thursday** 10:00 am Open Level

### Saturday

9:00 am Advanced Level

10:00 am Open Level

11:00 am Beginner

**Sunday** 10:00 am Open Level



