



PILATES

We build strong **kids, strong families, strong communities.**

September 2008 Pilates Tower Mat Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM Beg/Intermed. Sylvia			6:00 AM Beg/Intermed. Sylvia	
8:15 AM Beginning Susan		8:15 AM Beginning Susie			
9:30 AM Intermediate Susan	9:30 AM Beginning Paige	9:30 AM Intermediate Susie		9:30 AM Intermediate Paige	9:00 AM Beg/Intermed. Susan/Sylvia
					10:00AM Intermed/Adv. Susan/Sylvia
5:30 PM Intermediate Codi	5:30 PM Beginning Codi.	5:30 PM Inter/Advanced Sylvia	5:30 PM Beginning Susan		1st&2nd Saturday 11:00 AM Introductory Susan/Sylvia
1st&2nd Monday 6:30 PM Introductory Sylvia					

All first time Pilates students must take two Introductory classes before taking Beginning classes.

Please check with an instructor before attending an Intermediate or Advanced class.

Classes are currently offered on a first come, first served basis. To sign up for classes stop by the Pilates room to add your name to the class list.

Please sign up quietly if a class is in progress when you stop by.

You may pay for your first three Pilates classes on a per class basis. Please pay \$15.00 at the front desk before class and bring the receipt to class with you. After three classes, prepay for classes in packages of ten.

Tower Mat class packages expire 3 months after the date purchased.

All Tower Mat classes, private sessions and duets require cancellation 24 hours in advance or you will be charged.

You may come to the Pilates room and erase your name from the sign up sheet, or call the cancellation line at **(615) 586-0101** to let us know the date and time of the class you are canceling.

For safety reasons, you will not be allowed to join a mat class already in progress once the class has completed the "series of five" exercise sequence.

YOU MAY NOT BEGIN PILATES WHILE PREGNANT.

