

Pilates Tower Mat classes are offered at the Green Hills Family YMCA for groups of up to eight clients, private sessions with one client and one instructor, and duet sessions with two clients and one instructor. All of our instructors have comprehensive Pilates certification. They have undergone rigorous training, including 600 hours of apprenticeship with extensive testing, and attend continuing education seminars annually.

If you are new to Pilates—or have not taken Tower Mat classes—you need to start with at least two Introductory classes.

Currently, Introductory class is offered the first two Mondays of the month at 6:30 PM, and the first two Saturdays of the month at 11:00 AM.

Please sign up for Introductory classes at least 24 hours in advance by leaving a message at **(615) 586-0101**. Specify the date and time of the class, and leave your name and phone number in case we need to reach you.

When you come to take your first class, please pay \$15.00 at the front desk before class. Be sure to get a receipt, and bring it to the studio to your instructor.

When you move on to **Beginning** classes you will reserve your class times by signing up in the Pilates studio. The white binder on the desk in the studio holds the **Beginning** sign up sheets.

You may pay for your first three mat classes by the class. After three classes, you need to buy a class card of ten classes for \$130.00. **Your class card is good for three months.** We will keep it in the studio and mark it each time you take class. If you don't buy a class card after three classes (**two Introductory and one Beginning**), the individual class drop-in rate becomes \$17.00.

In order to develop clean Pilates technique, avoid injury, and be considerate of other students... you must have instructor approval to attend an Intermediate or Advanced class. If you have not taken a Pilates Tower Mat class in more than 3 months, please start back at the **Beginning Tower Mat level until your instructor approves further advancement.**

Private sessions are available by appointment for \$65.00 per session, package of five privates for \$300.00 or package of ten for \$600.00. Duet sessions are available by appointment for \$42.00 per client per session, package of five for \$200.00 per client or package of ten duet for \$400. To schedule a private or duet, please leave a message at **586-0101** specifying the day(s) and approximate time you would like. An instructor will return your call to schedule your appointment.

Interested in working with an apprentice? Currently, we are offering **Beginner** only sessions with an apprentice. Private sessions, **with an apprentice** (if available), are \$40 per session or package of ten sessions for \$350.

All Tower Mat classes, private sessions and duets have a 24-hour cancellation policy. You must call 586-0101 24 hours in advance of your scheduled time or you will be charged for that time.

YOU MAY NOT BEGIN PILATES WHILE PREGNANT.