

# PILATES COLLECTIVE SUMMER CLASS SCHEDULE 2008

Our Spring schedule begins June 30th and runs through September 20th.

Please call 829-TRIO(8746) for availability and to register. Pre-registered classes that do not fill will be cancelled.

Class packages expire 90 days from purchase. All classes and sessions are 55 minutes unless stated otherwise.

Please call 829-TRIO(8746) today to reserve your space.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<b>CLASS PRICES</b>
9:00 am		9:00 am Mat/Springboard (level 1) Chantill	9:00 am Mat/Springboard (level 1) Lily	9:00 am Mat/Springboard (level 1) Chantill	9:00 am Mat/Springboard (level 1) Lily		Drop-in Mat Class and Movement Class 1/\$12, 5/\$55, 10/\$100
9:30 am							<b>GYROKINESIS®</b> Six week series \$90, 1/\$18
10:00 am			10:00 am Fit Core Pilates Mat (mixed) Deena			10:00 am Mat/Springboard (level 1) Johanna	Mat/Springboard Class 1/\$25, 5/\$100, 10/\$180, 15/\$225
10:30 am							
11:00 am					11:30 am Fit Core Pilates Mat (mixed) Deena	11:00 pm Drop-in Pilates Fundamentals Alt. teachers	<b>OTHER PRICES</b>
11:30 am							Equipment Trios 1/\$35, 5/\$165, 10/\$300
12:00 pm	12:00 pm Mat/Springboard (level 1) Johanna	12:00 pm <b>GYROKINESIS®</b> (1 hr 15 min) (Mixed) Pamela	12:00 am Mat/Springboard (level 1) Lily			12:00 pm Drop-in Mat Flow (level 2) Chantill	Open Studio by appt. 1/\$15, 5/\$65, 10/\$120
12:30pm						Open Studio 12-2	
4:00 pm							<b>NEW Student Special</b> 5 Individual Sessions \$275
4:30 pm							<b>Beginner's Mat and Springboard Special</b> Three individual sessions \$150
5:00 pm	5:30 pm Mat/Springboard (mixed) Kristen						<b>Individual Pilates Session</b> 1/\$65, 5/\$315, 10/\$600
5:30 pm							<b>Duet Pilates Session</b> 1/\$45, 5/\$215, 10/\$400
6:00 pm	6:30 pm Zumba! (mixed) Kristen (starts in August)	6:30 pm Mat/Springboard (level 1) Deena	6:00 pm Zumba! (mixed) Kristen (starts in August)	6:30 pm Drop-in Mat/Body Rolling (mixed) Chantill			<b>GYROTONIC®</b> 1/\$70, 5/\$340, 10/\$650
6:30 pm							
7:00 pm			7:00 pm Drop-in Cardio Kickboxing (mixed) Carlos				
7:30 pm							

# PILATES COLLECTIVE SUMMER TRIO SCHEDULE 2008

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Please call 829-TRIO(8746) today to reserve your space.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<b>CLASS PRICES</b>
9:00 am							Drop-in Mat Class and Movement Class 1/\$12, 5/\$55, 10/\$100
9:30 am							<b>GYROKINESIS®</b> Six week series \$90, 1/\$18
10:00 am		10:00 am Trio Equipment (Level 1) Chantill		10:00 am Trio Equipment (Level 1) Lily	10:30 am Trio Equipment (Level 2) Kristen		Mat/Springboard Class 1/\$25, 5/\$100, 10/\$180, 15/\$225
10:30 am							<b>OTHER PRICES</b>
11:00 am	11:00 am Trio Equipment (Beg) Johanna						Equipment Trios 1/\$35, 5/\$165, 10/\$300
11:30 am							Open Studio by appt. 1/\$15, 5/\$65, 10/\$120
12:00 pm				12:00 pm Trio Equipment (Level 1) Kristen			<b>NEW Student Special</b> 5 Individual Sessions \$275
12:30pm							<b>Beginner's Mat and Springboard Special</b> Three individual sessions \$150
4:00 pm			4:00 pm Trio Equipment (Level 2) Kristen				<b>Individual Pilates Session</b> 1/\$65, 5/\$315, 10/\$600
4:30 pm							<b>Duet Pilates Session</b> 1/\$45, 5/\$215, 10/\$400
5:00 pm	5:30 pm Trio Equipment (Level 1) Lily	5:30 pm Trio Equipment (Level 2) Chantill	5:30 pm Trio Equipment (Level 2) Chantill	5:30 pm Trio Equipment (Level 1) Lily			<b>GYROTONIC®</b> 1/\$70, 5/\$340, 10/\$650
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							