

PILATES COLLECTIVE FALL CLASS SCHEDULE 2008

Our Fall schedule begins September 22nd and runs through December 14th.

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	CLASS PRICES
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							
10:00 am	10:30 am Drop-in Pilates Mat (mixed) Julie				10:30 am Drop-in Pilates Mat (mixed) Julie	10:00 am Mat/Springboard (level 1) TBA	Mat/Springboard Class 1/\$25, 5/\$100, 10/\$180, 15/\$225
10:30 am							
11:00 am					11:30 am Drop-in Fit Core Pilates Mat (mixed) Deena	11:00 am Drop-in Pilates Fundamentals Alt. teachers	Youth Bollywood Dance Monthly Pre-registration
11:30 am							
12:00 pm		12:00 pm Drop-in Mat Flow (level 2) Pamela	12:00 pm Mat/Springboard (level 1) Lily	1:30 pm Bollywood Dance (1 hr 15 min) (12-13 yrs) Julie		12:00 pm Drop-in Mat Flow (level 2) Chantill	Equipment Trios 1/\$35, 5/\$165, 10/\$300
2:00pm							Open Studio by appt. 1/\$15, 5/\$65, 10/\$120
2:30 pm		3:15 pm Bollywood Dance (1 hr 15 min) (12-13 yrs) Julie		2:45 pm Bollywood Dance (1 hr) (8-9 yrs) Julie			Beginner's Apparatus Special Five individual sessions \$275 (One Time Only)
4:30 pm							
5:00 pm	5:30 pm Mat/Springboard (mixed) Kristen			5:30 pm Drop-in Bollywood Dance (Adult mixed) Julie			Beginner's Mat and Springboard Special Three individual sessions \$150 (One Time Only)
5:30 pm							
6:00 pm	6:30 pm Drop-in Zumba! (mixed) Kristen/Lily	6:30 pm Mat/Springboard (level 1) Deena	6:00 pm Drop-in Zumba! (mixed) Kristen	6:30 pm Drop-in Mat/Bodyrolling (mixed) Chantill			Pilates Session 1/\$65, 5/\$315, 10/\$600
6:30 pm							Duet Pilates Session 1/\$45, 5/\$215, 10/\$400
7:00 pm			7:00 pm Drop-in Cardio Kickboxing (mixed) Carlos				GYROTONIC® 1/\$70, 5/\$340, 10/\$650
7:30 pm							

PILATES COLLECTIVE FALL TRIO SCHEDULE 2008

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

							CLASS PRICES
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00 am							Drop-in Mat Class and Movement Class 1/\$12, 5/\$55, 10/\$100
9:30 am							Mat/Springboard Class 1/\$25, 5/\$100, 10/\$180, 15/\$225
10:00 am	<i>10:30 am</i> Trio Equipment (Level 1) Kristen	<i>10:00 am</i> Trio Equipment (Level 1) Chantill		<i>10:00 am</i> Trio Equipment (Level 1) Lily	<i>10:30 am</i> Trio Equipment (Level 2) Kristen		Equipment Trios 1/\$35, 5/\$165, 10/\$300
10:30 am							
11:00 am							Drop-in and Membership Open Studio Hours with teacher supervision
11:30 am							
12:00 pm	<i>12:00 pm - 1:00 pm</i> Open Studio Angelina			<i>12:00 pm</i> Trio Equipment (Level 1) Kristen	<i>12:30 pm - 1:30 pm</i> Open Studio Kristen	<i>12:00 pm - 2:00 pm</i> Open Studio Chantill	Open Studio by appt. Please call studio 1/\$15, 5/\$65, 10/\$120
1:30 pm		<i>2:00 pm - 4:00 pm</i> Open Studio Chantill		<i>2:00 pm - 4:00 pm</i> Open Studio Chantill	<i>1:30 pm - 2:30 pm</i> Open Studio Kristen		Beginner's Apparatus Special Five individual sessions \$275 (One Time Only)
3:30 pm							
4:00 pm			<i>4:00 pm</i> Trio Equipment (Level 2) Kristen				Beginner's Mat and Springboard Special Three individual sessions \$150 (One Time Only)
5:00 pm							
5:30 pm	<i>5:30 pm</i> Trio Equipment (Level 1) Lily	<i>5:30 pm</i> Trio Equipment (Level 1) Chantill		<i>5:30 pm</i> Trio Equipment (Level 1) Lily			Pilates Session 1/\$65, 5/\$315, 10/\$600
6:30 pm							Duet Pilates Session 1/\$45, 5/\$215, 10/\$400
							GYROTONIC® 1/\$70, 5/\$340, 10/\$650

www.pilatescollective.com