



# PILATES STUDIO SCHEDULE

April 25 to July 24, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	8:45 AM Intro 1 Reformer Emily			9:30 AM Adv/Inter Full Studio Mary	9:30 AM Interm/Adv Full Studio Emily
	10:00 AM Intro 2 Reformer Mary			10:30 AM Interm Full Studio Mary	10:35 AM Intro 2 Reformer Emily
12:00 PM Intro 2 Full Studio Emily	1:15 PM Outdoor Chair Interm Joan (5/24-6/27)	1:00 PM Reformer + JumpBoard Emily	10:30 AM Interm Full Studio Tamie	11:30 AM Intro 1 Reformer Mary	12:00 PM Intro 1 Reformer Emily
1:10 PM Reformer + JumpBoard Emily	2:30 PM Outdoor Chair Beg Joan (5/24-6/27)		12:30 PM <b>**DEMO CLASS**</b> Tamie	1:00 PM <b>**DEMO CLASS**</b> Mary	1:15 PM <b>**DEMO CLASS**</b> Emily
		6:30 PM Intro 1 Full Studio Mary			

**SPECIAL ANNOUNCEMENTS:**

**\*\* Reservations required for all DEMO lessons & for all NEW classes call 410-458-1731 to reserve a spot**

**\*\*DEMO classes are FREE and open to first time Students only**

No classes on Monday, May 30th Memorial Day & Monday, July 4th

*"Pilates is the complete coordination of body, mind and spirit." "In 10 sessions you'll feel the difference, in 20 sessions you'll see a difference, and in 30 sessions you'll have a whole new body." Joseph Pilates*

PRIVATE ONE-ON-ONE & DUET TRAINING Please contact Mary Keen to set up private training			PILATES STUDIO POLICIES PLEASE READ - IMPORTANT		
<u>PRIVATES - 60 minutes</u> <b>Members:</b> 1 sess = \$85 5 sess = \$400/\$80ea 10 sess = \$750/\$75ea  <b>Non-Members:</b> 1 sess = \$95 5 sess = \$450/\$90ea 10 sess = \$850/\$85ea	<u>PRIVATES - 30 minutes</u> <b>Members:</b> 1 sess = \$47.50 5 sess = \$225/\$45 ea 10 sess = \$425/\$42.50ea  <b>Non-Members:</b> 1 sess = \$52.50 5 sess = \$250/\$50 ea 10 sess = \$475/\$47.50ea	<u>DUETS - 60 minutes</u> <b>Members:</b> 1 sess = \$67 5 sess = \$315/\$63ea 10 sess = \$580/\$58ea  <b>Non-Members:</b> 1 sess = \$77 5 sess = \$365/\$73 ea 10 sess = \$680/\$68 ea (*prices are per client)	*Missed classes can be made up on a first-come, first-served basis. *Students enrolled in full sessions may roll over any make-ups into the next session. Students who prorate a class must complete any make-ups in the current session. *If you arrive more that 8 mins late for your class, your spot will not be guaranteed *Socks are required for all equipment classes. *Management reserves the right to cancel or reschedule classes as needed.  For more information, please contact Mary Keen @ 410-458-1731 or <mkeen@lifebridgehealth.org>		