

# September 2010 DROP-IN CLASS Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am		♥ Pilates & Props (Rebecca)					
8:30 am						Yogalates (Ella)	
9:00 am							♥ Pilates & Props (Cata)
9:45 am						♥ Pilates & Props (Ella)	
11:00 am							
12:15 pm					♥ Pilates & Props (Emma)		
1:35 pm	♥♥ Kind Pilates (Ella)		♥♥ Mommy/Baby (Emma)	♥♥ Kind Pilates (Ella)			
4:35 pm		♥ Springs & Balls (Ella)		Pilates & Props (Rene)			
5:15 pm	♥ Pilates Mat Basics (Cata)						
5:40 pm		Power Pilates (Ella)		Power Pilates (Ella)			
6:45 pm	Yogalates (Kathy)		Bosu & Springs (Emma)				

⌚ All classes are 55 minutes

♥ Friendly for all!

♥♥ Super-duper friendly!

Free Intro Class: Friday, September 10@5:30pm & Sunday, September 26@10:15am *(RSVPs encouraged)*

Pelvic Floor Workshop: Saturday, September 11@12:15pm *(RSVPs encouraged)*

Strengthening Mind & Body | (360) 224-1433 | 22 Harbor Mall, Bellingham  
www.joyofpilates.net



# September 2010 Descriptions & Rates

**Back-to-School Special:** Teachers get \$10 off your punchcard purchases in September.

**Drop-in** \$15 each (Teens free with parent)

**Classes:** 10 classes: \$130 (Must be used within 3 months)

**Friendship Discount:** 10 classes for \$110 (each person). You and a friend commit to class together.

**Student Rate:** \$9 per class with ID; 10 for \$85

**Private Group Classes:** 3-6 people.

You and your friends only! \$75 for 4 classes

(each person); \$125 for 8 classes (each person).

**Privates:** \$55 (with senior Pilates instructor)

5 privates \$220 (with senior Pilates instructor)

10 privates \$400 (with senior Pilates instructor)

\$40 (with associate Pilates instructor)

5 privates \$200 (with associate Pilates instructor)

10 privates \$350 (with associate Pilates instructor)

**Duets:** \$30 (each person)

10 duets \$250 (each person)

\$25 (with associate Pilates instructor)

10 duets \$225 (with associate Pilates instructor)

**FREE Intro Classes:**

Friday, September 10 @ 5:30pm

Sunday, September 26 @ 10:15am

(refer a friend to this class and receive a free class)

*Sales taxes included in pricing*

**Pay online using PayPal! [www.joyofpilates.net](http://www.joyofpilates.net)**

**Bosu & Springs:** Get ready for fall! This dynamic class combines Bosu with Springboard. This class will challenge your core strength, flexibility and balance. Optimum class for cross-training!

**Kind Pilates:** A full body strengthening class for those who want a no-pressure pace. Balance, pelvic floor, posture, relaxation, and flexibility. Go at your tempo. Nice music, nice times!

**Mommy/Baby:** Come with your baby, or just by yourself, and get in shape with this basic/ intermediate level Pilates class. Please...Pre-walking tykes only.

**Pilates & Props:** What will it be? Bosu? Ball? Floor? This class is never the same twice. Optimum cross-training for all of your other activities.

**Pilates Mat Basics:** Perfect class for anyone new(er) to Pilates or just wants a refresher class that takes its time and focuses on quality form! The "Powerhouse" Muscles will be the focus with pilates principles at the heart of the workout.

**Power Pilates:** Intensive, energy boosting, continuous intermediate-advanced level class. This class is for you if you have mastered the basics and are excited to work hard and get the burn on!

**Springs & Balls:** The best class for those who want to add Cadillac-like exercises to their program. You can't believe the full body workout you'll get! The ball will challenge and activate deep core muscles. Be ready to find yours!

**Yogalates:** This is the class for those who desire yoga stretching with core work. Perfect for the person who wants to leave stretched, strong & balanced. Must love planks.