

### March 29 – June 20, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>10:00 Intermediate</b> (open class) Anna	<b>10:30-11:45 Power Flow</b> (open class) Jelena
	<b>17:20 Powerflow</b> (open class) Jelena		<b>17:20 Int. Springboard</b> (open class) Astarti		<b>12:00 Pilates Basics</b> (open class) Astarti
<b>18:30 Intro to Pilates Springboard A or B</b> (pre-register) Anna	<b>18:30 Intermediate</b> (open class) Jelena	<b>18:30 Intermediate</b> (open class) Rochelle	<b>18:30 Pilates Basics</b> (open class) Ashley		
<b>19:30 Intermediate</b> (open class) Anna	<b>19:30 Intro to Pilates Mat A or B</b> (pre-register) Jelena	<b>19:30 Intro to Pilates A Mat A or B</b> (pre-register) Rochelle	<b>19:30 Intermediate</b> (open class) Ashley		

#### CLASS PRICES:

Intro To Pilates Mat or Springboard:  
(6 classes each): **85**

Single Mat Class: **13.50**  
5 Class Mat Card: **60**  
10 Class Mat Card: **110**  
**NEW: 10 class combo card (mat and SP): 130**

Single Springboard: **17**  
10 Class Springboard: **150**  
5 Class Springboard: **80**

Single Private: **55**  
10 Class Private Card: **500**

Single Duet: **38**  
10 Class Duet Card: **345**

Single Trio: **33**  
10 Class Trio Card: **300**

*All class cards are valid for 3 months. Payment for private/duet/trio/quartet lessons is due on the day of the lesson. We accept cash and bank transfers only. A 24 hour cancellation Policy applies to all private/duet/trio lessons.*

#### NEW TO PILATES?

Sign up for **Intro to Pilates A, Springboard or Mat**, a 6 lesson course which will teach you the fundamentals of this fabulous method and leave you hungry for more!

(Pre-registration necessary. Call or email us to pre-register)

**Mon. Jan 4. – Mon. Feb 8, 18:30-19:30**

**Tues. Jan. 5 – Tues. Feb 9, 19:30 –20:30**

**Wed. Jan. 6 – Wed. Feb 10, 19:30-20:30**

From Intro A, you can right into **Intro B**, another 6-lesson course:

**Mon. Feb. 15 – Wed. March 22 18:30-20:30**

**Tues. Feb. 16 – Tues. March 23, 19:30-20:30**

**Wed. Feb 17 – Wed. March 24, 19:30-20:30**

#### Which level should you join?

**Absolute Beginners:**  
*Intro A followed by Intro B, Pilates Basics*

**Between 10 and 30 classes:**  
*Intermediate, Pilates inf. W. Yoga, Springboard*

**More than a year of regular Pilates practice:**  
*Power Flow*

#### PRANA CLOTHING SALE:

Tuesday, January 26<sup>th</sup>,  
18:00-21:00

Saturday, January 30<sup>th</sup>  
10:00-13:00

Come check out the latest pants, tops and jackets for Pilates, Yoga, and just wearing around!

Smartbody sells Pilates mats, Rollers, Balls Therabands and Toning Balls

#### Group Class Deals:

-50 % off a mat 10 class card or 30% off a springboard 10 class card if you come to class within a week of finishing Intro B  
-Use up a mat 10 class card quickly to get discounts on immediate renewal:  
Use card in 1 month, get 30€ off next card  
Use card in 2 months, get 10€ off next card

#### COMING IN APRIL:

Guest teacher Jessica Cressey from the U.S.