

STUDIO BOOKING FORM

PLEASE DETACH AND RETURN TOGETHER WITH YOUR PAYMENT TO:

Caroline Anderson
 PILATES LIFESTYLE®
 Mitchell Street
 Dungarvan
 Co. Waterford
 X35 F763



STUDIO BOOKING FORM

NAME	
EMAIL	
MOBILE NUMBER	

CLASSES FOR WHICH YOU WISH TO BOOK

DAY		TIME		LEVEL	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	

AMOUNT ENCLOSED €.....

Places will not be guaranteed until full payment is received. Cheques should be made payable to **Pilates Lifestyle**.

ESSENTIAL COURSE INFORMATION – PLEASE READ

- You pay for your place(s) in a class(es) on a particular day at a particular time.
- Places are guaranteed upon receipt of payment.
- Flexibility available for shift-workers. Speak directly to Caroline first.
- Catch up classes may be available on request within each course period only.
- Courses and classes are **not** transferrable.
- Multiple class courses are valid per individual only.
- Pilates Lifestyle operates as a “Toesock only” studio. Toesocks with grips which separate the toes are required studio footwear. These are available to purchase through the studio.

DESCRIPTION OF CLASSES

Beginner ...new to Pilates or an eternal beginner, this class level promises to tone up your abs (old ones and new ones!!), increase your flexibility, strengthen your back and improve your posture. After each class you will feel relaxed, energized and more toned!

Intermediate... building on the foundations taught at beginner level, the exercises become a little more challenging for both mind and body! Speak to Caroline if you are unsure of your level.

Barre...a fusion of pilates, ballet and dance moves at the barre. Choreographed to music this class will get your heart rate pumping! An energetic full body workout with awesome stretches in between and after! All levels welcome.

Pregnancy & Postnatal... Strengthen your back, tighten your pelvic floor, improve your posture, tone up your body and reduce back pain. Recommended for pregnancy and as a perfect return to exercise for postnatal mothers Pilates holds your body together during pregnancy and puts it back together again! Plus a delicious night’s sleep is guaranteed!! (Well for pregnancy mums anyway ☺)

Men..... decrease back, neck and joint pain; increase core strength & flexibility. Correcting wrong postures, Pilates will develop a body of equal strength & flexibility. Benefit from an increased range of movement & endurance and an injury free lifestyle. Perfect for beginners of any age and any level of fitness.

Reformer..if you prefer classes on your own, whether for rehabilitation from a specific injury, as an opportunity for assessment or simply as a workout with a difference book an appointment today with Caroline.

KEEP UP TO DATE

Pilates timetable on your mobile or tablet in just one click

This simple, 4-step method works for iPhone/iPad, Android and Windows systems (and will be similar for the rest). Visit our online timetable and follow the instructions to always have our up-to-date timetable only 1 click away.

Facebook

We use facebook to inform all clients of any changes to the timetable, special offers and all other news.

Please “Like” Pilates Lifestyle on facebook to keep informed. Visit our website for the link.