

2012 SPRING TIMETABLE

DAY	TIME	LEVELS	TYPE OF CLASS
MONDAY	10h00 18h00 19h00	Intermediate Mixed Beginner/Intermediate	Mat & Ball Cardio Pilates Mat & Ball
TUESDAY	18h00 19h00 20h00	Intermediate/Advanced Beginners Intermediate/Advanced	Mat & Ball Mat & Ball Mat & Ball
WEDNESDAY	19h00 20h00	Intermediate Mixed	Mat & Ball Sports Pilates
THURSDAY	10h00 11h00 19h00 20h00	Intermediate Beginner Beginner/Intermediate Intermediate/Advanced	Mat & Ball Mat & Ball Mat & Ball Mat & Ball
FRIDAY	10h00	Mixed	Cardio Pilates
SATURDAY	10h00 11h00	Beginner Intermediate	Mat & Ball Ball / Roller

Essential Course Information

- 9 week course starts Monday 16th April
- Classes are 55 minutes duration.
- Classes must be completed within the course period. No "carry-over" of classes allowed.
- Course fees must be paid in full on or before course commencement date.
- Post dated cheques for 16th April 2012 accepted.
- You pay for your place in a class on a particular course. Some flexibility for shift workers. Please speak directly to Caroline. Class sizes limited.

Fee Structure

- 1 class per week: €90
 2 classes per week: €180
 Unlimited classes: €270 (PLEASE INDICATE PREFERRED CLASSES IN BOOKING FORM)
 €15 = drop in fee per class for every class (if not booked onto a course and if spaces are available)
 €10 = drop in fee if already booked onto one course



Building Beautiful Bendy Bodies™

2012 Spring Timetable & Booking Form

Courses start week beginning
Monday 16th April

9 week courses from €90

BOOKING FORM

PLEASE DETACH AND RETURN TOGETHER WITH YOUR PAYMENT TO:

Caroline Anderson
 PILATES LIFESTYLE®
 Mitchell Street
 Dungarvan
 Co. Waterford

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	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	

AMOUNT ENCLOSED €.....

Places will not be guaranteed until full payment is received. Cheques should be made out to Pilates Lifestyle. Post dated cheques for 16th April 2012 accepted.



Easter Classes, Camps & Workshops

Drop In Classes

Wednesday 28th March
 7pm Beginner
 8pm Intermediate

Monday 2nd April
 7pm Beginner
 8pm Intermediate

Wednesday 4th April
 7pm Beginner
 8pm Intermediate

€10 per class

Body Blitz Camps

Tues, Wed, Thurs : 27th-29th March
 10h30-12h00

Mon, Tues, Wed : 2nd-4th April
 10h30 – 12h00

Friday 6th April
 10h30-12h00

Single drop in €15
 All 3 days €40

Beginner Workshop

Thursday 29th March
 7.30-9.00pm
 €15.00

Booking essential

STUDIO CLOSED:

Saturday 7th April – Sunday 15th April

Pilates Lifestyle's Online Shop

Book your Pilates classes,
 Buy Vouchers,
 Buy Pilates Lifestyle's own DVD's,
 Buy quality equipment & clothing

For sale in the studio

- Foam Rollers €30
- Fit balls €30
- Small balls €10
- Weighted balls €10
- Resistance bands €15
- DVDs €15
- Sportsjock Sports bras €35
- Italian Fitness wear €30-75

Gift Vouchers for classes, clothing or equipment.

For iPhones and iPads



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