

Pilates Mat Holiday "Mini Mester"
November 8- January 3

Dear *Current Pilates Mat Participants:

The Fall Pilates mat session ends November 2, 2008. The winter session does not begin until January 5, 2009.

Don't lose sight of your Pilates accomplishments between sessions! Drop by and see us when it is convenient for you and take Pilates mat class!

*This session is not intended for students who have never taken Pilates before.

All classes are 45min in length and held in the large studio.

Classes divided by levels: Level I and II combined; Levels III-VI combined. Circle your choices below.

(SEE FRONT AND BACK OF FORM!)

PLEASE RETURN THIS FORM BY

October 31, 2008

Pay per class, registration deadline is October 31,

2008:

\$19 per class - Please circle all classes you will be attending, mark your calendar and make sure you note AM and PM times!!

Saturday November 8: Chris
8:15am Level I-II
9:15am Level III-VI

Wednesday November 12: Lana
8:15am Level III-VI
9:15am Level I-II

Saturday November 15: Chris
8:15am Level I-II
9:15am Level III-VI

Monday November 17 Jen
6:15pm Level I-II
7:15pm Level III-VI

Wednesday November 19 Lana
5:15pm Level I-II
6:15pm Level III-VI

Thursday November 20 Lana
5:15pm Level III-VI
6:15pm Level I-II

Saturday November 22 Jen
9:15am Level I-II
10:15am Level III-VI

Wednesday November 26 Jen
8:15am Level III-VI
9:15am Level I-II

Thursday December 4 Chris
5:15pm Level III-VI
6:15pm Level I-II

Monday December 8 Jen
7:15pm Level I-II
8:15pm Level III-VI

Wednesday December 10 Lana
8:15am Level I-II

Saturday December 13 Lana
9:15am Level I-II
10:15am Level III-VI

Wednesday December 17 Lana
8:15am Level III-VI

Monday December 22 Jen
6:15pm Level I-II
7:15pm Level III-VI

Saturday January 3 Chris
9:15am Level I-II
10:15am Level III- VI

TOTAL NUMBER OF MAT CLASSES ____ X \$19= \$ _____

CASH OR CHECK # _____

DATE PAID _____

NAME: _____ CURRENT MAT LEVEL _____

CONTACT PHONE NUMBER _____

MAILING ADDRESS _____

EMAIL ADDRESS _____