

Class Size is Limited! Don't Delay!  
Take advantage of our new online registration program!

**Maryland School of Ballet and Modern Dance- PILATES ON MAIN!**

**10 Week Fall PILATES MAT Session:**

**09/13/10-11/21/10**

**Mat class fee for 10 week session: \$210**

<b><u>BASIC MAT:</u></b>	<b><u>LOW INTERMEDIATE MAT:</u></b>	<b><u>INTERMEDIATE MAT:</u></b>
<b>Mondays 8:15am (B)</b>	<b>Mondays 12:15pm (LI)</b>	<b>Mondays 9:15am (I)</b>
<b>Mondays 5:30pm (B)</b>	<b>Wednesdays 5:15pm (LI)</b>	<b>Wednesday 6:15pm (I)</b>
<b>Wednesdays 8:15pm (B)</b>	<b>Wednesdays 8:15am (LI)</b>	<b>Thursdays 12:15pm (I)</b>
		<b>Sunday 9:30am (I)</b>

**HIGH INTERMEDIATE MAT:**

**Wednesdays 7:15pm (HI)**

**Thursdays 1:15pm (HI)**

**Fridays 9:15am (HI)**

**\*\*SEE COURSE DESCRIPTIONS ON THE NEXT PAGE\*\***

**Mat Classes are 45Min in Length**

All new participants- new to Authentic Pilates- must start in Basic Mat. If you are a current participant, your instructor will guide you to the appropriate level. Questions? Email the director, at mdschoolofballet@comcast.net

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Name \_\_\_\_\_ Registration Date \_\_\_\_\_

Full Address \_\_\_\_\_

Daytime Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

**Please register me for the following 10 week session(s):**

1<sup>st</sup> Class: Day \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_ \$210

2<sup>nd</sup> Class: Day \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_ \$210

\*REGISTRATION FEE: **Only** if Paid **AFTER** the August 15<sup>th</sup>, 2010 add \$15 registration fee

Cash or Check # \_\_\_\_\_ (Made Payable to MD School of Ballet) Total : \_\_\_\_\_

**Studio Waiver and Release**

I hereby agree that I will participate in Pilates courses given by the Maryland School of Ballet and Modern Dance, Inc T/A Pilates on Main, upon the understanding and agreement with the studio waiver and release. I understand that with any physical activity there is a risk of injury, and I agree not to hold the Maryland School of Ballet and Modern Dance, Inc, or any of its employees/independent contractors responsible. I release the School of its directors, and employees/independent contractors from all liability for personal injury, illness, or property damage occurring on or off the premises. I am capable of physical exercise and I have documented any health concerns.

Health Form on File? Yes or No\* \_\_\_\_\_ (HEALTH FORM CAN BE DOWNLOADED OFF WEBSITE)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail Registration form and Check to:  
Maryland School of Ballet and Modern Dance  
115 N Main Street Suite C  
Bel Air MD 21014

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**PILATES MAT CLASS LEVELS:  
STRETCH\*STRENGTH\*CONTROL**

**BASIC MAT (B):** This is the first level of mat class that all new participants in our studio register for. Regardless of prior fitness level, if you are taking Authentic Pilates™ for the first time, you will begin in the Basic Mat class. Proper form and body placement is taught for the basic mat series and the foundation of the workout is taught while learning the entire basic mat series. If attendance is consistent, and you do not have limitations due to health or prior injuries, it is a natural progression to the Low Intermediate Mat level after completion of 10 weeks in Basic Mat.

**LOW INTERMEDIATE (LI):** Intermediate mat exercises in the Pilates Method of Body Conditioning are introduced. Material from the Basic Mat class is built upon and the pace of the class is significantly faster than the Basic Mat. It is common for students to remain in this level for a few sessions.

**INTERMEDIATE (I):** The full Intermediate Mat series is taught and executed each class. Focus is on perfection of each exercise with the key components of flow and minimal motion in between exercises (transitions). The class is taught at a fast pace. Some of the advanced mat exercises are introduced based on the skill level of the class. It is common for students to stay in this level for several sessions.

**HIGH INTERMEDIATE (HI):** This is a very fast pace class where several advanced exercises are added to the Intermediate Mat routine and taught in a progressive order. Advanced students are challenged weekly through new exercises, reformer mat exercises, use of the magic circle with exercises and/or other new challenges as the instructor sees fit within the advanced Pilates mat series. Most students in this class take weekly private sessions as well and/or have been studying mat work for several years.

**IF YOU HAVE A QUESTION REGARDING YOUR LEVEL, PLEASE  
DO NOT HESITATE TO ASK!**

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