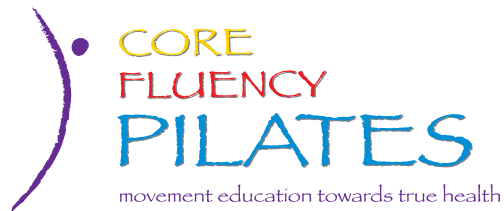


## **Core Fluency Pilates 2018 Class Schedule**

*Classes are approximately 50 min. 24 hr. cancellation notice required. Classes subject to substitution without notice.*

*Studio Hours: M-F 7am- 8.30 pm; Sat 8am-12pm; Sun 9.30am-1.30pm. Instructors available by appointment.*

	7-7.50 am	8-8.50 am	9-9.50 am	10-10.50 am	11-11.50 am	1.30-2.20 pm	5.30-6.20 pm	6.30-7.20 pm
Monday			<b>Beginner-Intermediate Reformer (Monica)</b>	<b>Advanced Mat (Monica)</b>		<b>Beginner Reformer (Monica)</b>		
Tuesday		<b>Instructor Workout/Symposium</b>	<b>Advanced Reformer (Laura)</b>	<b>Intermediate Reformer (Laura)</b>	<b>Beginner Reformer (Laura)</b>			
Wednesday			<b>Intermediate Tower/Chair (Laura)</b> <b>Beginner Reformer (Lauren)</b>			<b>Intermediate Advanced Reformer (Monica)</b>	<b>5.30-6.20 Beginner Combo (Kim)</b>	<b>6 pm Intermediate Mat (Lauren)</b>
Thursday		<b>Advanced Tower/Chair (Laura)</b>	<b>Intermediate Tower/Chair (Laura)</b>		<b>Beginner Tower/Chair (Laura)</b>			
Friday		<b>Instructor Workout</b> <b>8 am Beg Plus Mat (Lauren)</b>	<b>All Levels Movement Skills (Laura)</b>					
Saturday			<b>9.30 am</b> <b>Intermediate Combo (Kim)</b>	<b>10.30 am</b> <b>Beginner Combo (Kim)</b>				



## Price List 2018

Newcomer's Pack of 5 Privates	320
10 Privates	670
5 Privates	350
Single Private	75 (50)
10 Semi-Privates	470
5 Semi-Privates	250
Single Semi-Privates	55 (35)
10 Equipment Classes	270
5 Equipment Classes	150
Single Equipment Class	35 (20)
10 Mat Classes	130
5 Mat Classes	70
Single Mat Class	15 (10)
Teacher-in-Training	(~35% off)

Purchases are non-refundable, but are transferable and do not expire.  
Scholarships based on financial need are available upon request