



S U M M E R T E R M T I M E T A B L E 2 0 1 0

Welcome to the final block of summer term classes. Due to my holidays and other peoples holidays, I have combined some classes (from now until June 25):

TIME	LEVEL	VENUE
Tuesday		
9.30am	Advanced Levels 4 to 5	Prestwick Sports and Leisure
7.00pm	Intermediate Levels 3 to 4	Prestwick Sports and Leisure
Wednesday		
9.30am	Foundation/Inter Levels 3 to 4	Symington Community Hall
Thursday		
9.30am	Intermediate Levels 3 to 4	Prestwick Community Centre
10.30am	Inter/Advanced Levels 3 to 5	Prestwick Community Centre

Special Arrangements for w/c 7th June

I have negotiated for Alida to teach my classes this week – so please pay for five weeks after all:

Tue 9.30am and Tue 7.00pm at Prestwick Tennis Club

Wed 9.30am at Symington

And one combined class on Thursday 9.30am at Prestwick Community Centre.

Private lessons by appointment.

Summer drop-in classes TBC – watch this space.

Normal service will resume w/c 23 August.

Please enrol /indicate to me which classes you hope to attend next term.

N E W C L I E N T I N D U C T I O N S

New clients are required to attend at least two private induction sessions so that I can properly assess your fitness levels / areas of strength, weakness or injury, and you can familiarise yourself with the concept of pilates. This will ensure you benefit from the mat classes or equipment training that follows. £70 for the first two sessions. £35 for third and subsequent sessions as required.

(A £10 discount will be given against your first block of standard classes.)

Please ring to arrange a time that suits.

C L A S S V E N U E S

Prestwick Community Centre, Caerlaverock Road, Prestwick KA9 1HR 01292 478 235

Callachan's Health & Therapy Studio, West Sanquhar Road, Ayr KA8 8DA 07964 439751

Prestwick Sports and Leisure (Tennis Club), 1 Whinfield Place, Prestwick KA9 2TS 01292 474700

Symington Community Hall, 31 Main Street, Symington KAI 5QE

M A T C L A S S R A T E S

Five week block

One mat class per week = £ 42.50

Two mat classes per week = £ 80

Three mat classes per week = £105

Extra classes are free!

Drop-in to individual classes = £10 per class. But do check available space beforehand.

Please secure your place by paying promptly on the first week of term.

(Maximum 12 per class.)

S T U D I O S E S S I O N S

Reformer classes add resistance to your efforts, allowing you to strengthen, tone and sculpt more intensively than with matwork alone. One to one tuition also allows you to focus on specific areas of weakness or to aid rehabilitation after injury.

Studio sessions can now be blocked booked and paid in advance:

4 x one-hour sessions £140 (£120 for class members).

Or share sessions with a friend and split the cost:

4 x one-hour sessions £70 each (£60 for class members).

Special Introductory Reformer Lesson £20!

D A T E F O R Y O U R D I A R Y

MAGICAL MYSTERY PILATES PARTY

Thursday 24 June

Final details under negotiation. To include:

Drinks at 9 Park Ave or Elliots, buses/taxis/flipflops/partners driving us to secret rendezvous...

Glass of wine, 2 course meal and return to Prestwick/Ayr, for approx £25 per head

Watch this space...

I do hope Peter, Bob, Ian, Keith and young James will come! I can't think of anything else 17-year old James would rather do on a summer's evening than let his hair down with 20 middle-aged ladies and 4 married men...

LOVE TO ALL MY FAITHFUL, FUN PILATESETTES!

DEBORAH xxx

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