

Dear Pilates Pupils,

The new term begins on 9 January and runs until 2 March (an 8 week block). If your nearest and dearest are struggling to find your perfect present, may I suggest they invest in your future health and fitness. Just give me a ring, or email me to order any of the following and I will issue a voucher that can be a lovely surprise in your Christmas card!

Christmas Wish List

Block of classes (8-week block):

One mat class per week = **£68** (£8.50 per class)

Two mat classes per week = **£128** (£7.50 per class for 2nd weekly class)

Three mat classes per week = **£168** (£5 per class for 3rd weekly class)

Private Studio Sessions £30 each (for class members, £35 for newcomers)

Reformer sessions add resistance to your efforts, allowing you to strengthen, tone and sculpt more intensively than with matwork alone.

Christmas Punch Pack – 8 mat classes plus three private sessions, with £8 discount – **£150**

Pilates Band £7.50

Triadballs £17.50

'The Pilates Bible' £18

Wishing you health, wealth and happiness in 2012!

Deborah xxx

CLASS TIMETABLE

The new term begins on 9 January 2012 and is as follows:

TIME	LEVEL	VENUE
Monday		
9.30am	Beginner Levels 1 to 2	Prestwick Community Centre
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

MAT CLASS RATES

	6-week block	7-week block	8-week block
One mat class per week =	£51	£59.50	£68
Two mat classes per week =	£96	£112	£128
Three mat classes per week =	£126	£147	£168

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.)

Ask me for bank details if you would prefer to pay via bank transfer.

STUDIO SESSIONS

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!