

GLASTONBURY SUMMER 2011 GROUP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Heidi		9 Heidi		9 Tony	9 Tony
10 Heidi		10 Heidi	10 Tony		
			4:30 Tony		
			5:30 Tony		
6:15 Kelly			6:30 Tony		

Our group classes accommodate a maximum of 4 participants, to provide an experience closer to a private lesson than a group. Classes will incorporate training on the reformer, chair, barrel, and mat work incorporating small props to provide variety and challenge in workouts and to maximize our clients' understanding of Pilates. If you are recovering from an injury or have no prior experience in Pilates, please speak to one of our instructors so we can recommend the most appropriate group for your needs. All classes require pre-registration.

Size DOES matter!

Wondering why the class fees are different in the Glastonbury and South Windsor studios?

For those of you who haven't been to both studios, the very different lay-out of the two locations dictates that we run our group classes in different formats. While South Windsor has separate classrooms for mat and reformer training, the Glastonbury studio is just one open space and was designed to accommodate smaller groups, but provide more types of equipment for training. Our fee schedule reflects the difference in the number of class participants.

Wanna Flip-flop?

At this time, class packages are not transferable between the two studios (private lesson packages are), however if you'd like to try a class at the other studio, feel free. All current clients can pay their package rate as a drop-in fee at the other location.

Fee Schedule

Single Class: \$28

5 classes: \$130

10 classes: \$240

