

## Group Class Prices

### MAT CLASSES

Drop In.....	\$13
4 Pack.....	\$44
8 Pack.....	\$80
12 Pack.....	\$108

### REFORMER CLASSES

*\*\* (Pre-Registration Required)*

Drop In.....	\$25
4 Pack.....	\$88
8 Pack.....	\$160
12 Pack.....	\$216

- All 4 pack series must be used in 6 weeks
- All 8 pack series must be used in 10 weeks
- All 12 pack series must be used in 16 weeks

• **We recommend** that those new to Pilates consult a staff member to determine the best fit for their learning experience. For those interested in Pilates Mat work, we recommend the *Beginner's Mat Package*.

#### BEGINNER'S MAT PACKAGE

**4 Mat Classes  
&  
2 Private Sessions  
\$130<sup>00</sup>**

For those interested in Reformer work we *require* the *Beginner's Reformer Package*:

#### BEGINNER'S REFORMER PACKAGE

**2 Private Sessions  
&  
2 Beginning Reformer Classes  
\$130<sup>00</sup>**

*The  
Pilates  
Place*  
121 South Church Street  
Downtown Grass Valley, 95945



## Group Class Schedule

*January through May 2010*



where *how* you move matters

“A few well designed movements, properly performed in a balanced sequence are worth hours of doing sloppy calisthenics or forced contortions.”

---Joseph Pilates

530 477-5167

121 South Church Street  
Downtown Grass Valley, 95945

[www.thepilatesplacegrassvalley.com](http://www.thepilatesplacegrassvalley.com)

# Class Schedule

# Class Descriptions

## MAT CLASSES

## NEW CLASSES

### Monday

8:30am	<b>**Continuing Reformer</b>	Lisa Silva
<b>NEW!</b> 4:00pm	<b>Butts and Guts</b>	Roxanna Cohen
5:15pm	<b>**Continuing Reformer</b>	Karen Attix
6:30pm	<b>Pilates Mat Class Level 1-2</b>	Lisa Silva

### Tuesday

8:00am	<b>Pilates Mat Class Level 2-3</b>	Lisa Silva
9:30am	<b>Pilates Mat Class Level 1-2</b>	Roxanna Cohen
11:00am	<b>** Beginning Reformer</b>	Lisa Silva
5:30pm	<b>Good Posture Mat Workout</b>	Roxanna Cohen
6:30pm	<b>** Beginning Reformer</b>	Lisa Silva

### Wednesday

8:30am	<b>** Continuing Reformer</b>	Lisa Silva
9:30am	<b>** Beginning Reformer</b>	Lisa Silva
5:30pm	<b>Pilates Mat Class Level 4</b>	Roxanna Cohen
<b>NEW!</b> 6:40pm	<b>Pilates Basics (Jan 6 - 27)</b>	Mindy McDaniel

### Thursday

8:30am	<b>Pilates Mat Class Level 1</b>	Lisa Silva
<b>NEW!</b> 11:00am	<b>** Beginning Reformer</b>	Tishia Hicks
4:00pm	<b>**Spine Corrector</b>	Roxanna Cohen
5:30pm	<b>Pilates Mat Class Level 2-3</b>	Wendi August
6:30pm	<b>**Continuing Reformer</b>	Wendi August

### Friday

8:30am	<b>**Continuing Reformer</b>	Shari Brookler
9:30am	<b>**Beginning Reformer</b>	Shari Brookler
11:00am	<b>Pilates Mat Class Level 2</b>	Shari Brookler
4:00pm	<b>**Continuing Reformer</b>	Roxanna Cohen

### Every Saturday

<b>NEW!</b> 8:45am	<b>Pilates Mat Class Level 2-3</b>	Mindy McDaniel
10:00am	<b>Pilates Mat Class Level 1-2</b>	Wendi August
<b>NEW!</b> 11:00am	<b>Pilates Basics (Jan 9 - 30)</b>	Mindy McDaniel

### Pilates Mat Class Level 1-2

Level 1-2 classes focus on reinforcing Pilates fundamentals and building a progressive repertoire of increasingly challenging exercises. These classes also introduce rings, rollers and core bands.

### Pilates Mat Class Level 2 and 2-3

Level 2 and 2-3 classes move at a quicker pace than level 1-2 classes yet reinforce Pilates fundamentals, build stamina, endurance and challenge the mind body connection.

### Pilates Mat Class Level 4

Our most advanced mat class, Level 4 offers a quick-paced, intense, challenging workout and a breakdown of the advanced Pilates repertoire. Level 4 also includes more upper body strengthening, co-ordination and balance work. It is ideal for the experienced practitioner.

### The Good Posture Mat Workout

This ongoing multilevel workout focuses on targeting muscle groups that need to be stretched and strengthened to allow good posture, making this class safe for most people with back and neck issues. *(See instructor with questions.)*

### Butts and Guts

We know Pilates is a full body workout...but it never hurts to emphasize the lower half! Pilates experience recommended.

### Pilates Basics

This class series teaches the fundamental principles of Pilates to prepare you for all other Pilates work. Class meets 1 or 2 times a week (your choice).

### *Pilates Basics begins*

*Wednesday, January 6th 6:40pm to 7:40pm and/or Saturday, January 9th 11:00am to noon.*

*4 class series \$44.00*

*7 class series \$75.00*

*MUST PRE-REGISTER for all 4 and/or all 7 sessions. No class January 16th due to Open House.*

## Important Information

- Schedule subject to change without notice. Check the website or call the studio for the most up-to-date information.
- All regularly scheduled mat, spine corrector and reformer classes are 1 hour.
- All mat classes are ongoing; you may begin at anytime-just show up.
- \*\*All Reformer and Spine Corrector classes require pre-registration.
- **Cancellation policy of 24 hour notice applies to all reformer classes, workshops and classes requiring pre-registration.**
- **Studio will be closed Monday, May 31st in observance of Memorial Day.**

## Upcoming Events

### *Open House*

Saturday, January 16th  
9am-Noon

**Bring a friend**

**Try something new**

**Ask questions**

**Meet the instructors**

*All are welcome!*

*Fun, Food and Raffle Prizes*