



Winter 2010

Class Schedule

www.inanduppilates.com

2616 Hyperion Ave., Silver Lake, CA 90027
323-906-9908

All classes by appointment only. Class size is limited. Please call to schedule an appointment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mixed Levels Mat 9 AM	Group Equipment 7 AM 10 AM	Men's Group Equipment 7 AM	Group Equipment 7 AM 7 PM	Men's Group Equipment 7 AM	Group Equipment 7 AM	Group Equipment 10 AM
Group Equipment 10 AM	Advanced Equipment 8 AM	Group Equip. 9 AM 10 AM 3:30 PM	Advanced Equipment 8 AM 9:30 AM	Beginner Equipment 7 AM	Mixed Level Mat 8 AM	Mixed Levels Mat 12 PM
	Mixed Levels Mat 7 PM	Beginner Mat 6 PM	Mixed Levels Mat 8 PM	Group Equipment 9 AM 10 AM	Beginner Equipment 10 AM	Intro to Pilates Mat 2 PM (1st Sat only)
		Beg. Equip. 7 AM 7 PM	Beginner Equipment 10 AM			
		Interm. Equip. 7 PM				

CLASS DESCRIPTIONS

Intro to Mat – a complimentary 45 min. class to set a good foundation and understanding of Pilates mat work. This class focuses on the principles of Pilates, what the powerhouse is and how to use it and breathe while keeping it IN & UP.

Mixed Levels Mat – open to all fitness and Pilates experience levels. Challenges the powerhouse with a combination of beginning, intermediate and advanced movements. Exercise modifications and props are employed whenever necessary.

Private Instruction – is the principle way of learning and refining you Pilates technique. Each class incorporates various Pilates apparatus. By appointment only. Call to schedule.

Group Equipment Classes- Along with classmates of similar ability, this class flows using various Pilates equipment to deepen your powerhouse and knowledge of Pilates. All clients must have instructor approval to enroll in a group class.

CLASS RATES

Privates:
1 Session \$75
5 Sessions \$375
10 Sessions \$700
20 Sessions \$1300

Duets:
1 Session \$45
5 Sessions \$215
10 Sessions \$400

Group Equipment:
1 Session \$35
5 Sessions \$165
10 Sessions \$300

Mat Classes:
1 Session \$16
5 Sessions \$75
10 Sessions \$135
Monthly Mat \$80 (2 classes/wk.)

NEW CLIENT SPECIAL: 3 Privates for \$150