



Inspired Wellness

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inspiredwell.com

GROUP CLASS SCHEDULE

January 1st, 2012 - March 25th, 2012

MONDAYS

6:30 p.m. Springboard Sampler

TUESDAYS

7:00 p.m. GOLF Combo Apparatus

Note: GOLF Combo is open to non-golfers; class focus is safe spinal rotation!

WEDNESDAYS

*10:30 a.m. Beyond Foundations

THURSDAYS

12:00 p.m. Stable and Able Spine

SATURDAYS

8:00 a.m. Combo Apparatus

12:00 p.m. Springboard Sampler

* Semi Private (4 person) Class

Registration is on a first come, first serve basis. Reservation is confirmed when payment is received.
See pricing on back.

Please arrive to class on time. If you are more than 15 minutes late entrance to the class will not be permitted.

For the safest and most beneficial class please do not use equipment before your class begins.

SPECIAL !

Sign up for one 12 week session at a regular price: \$240 group/\$300 quad/\$360 springboard (\$20/\$25/\$30 per class) and get the second 12 week session at a discounted price: \$180 group/\$240 quad/\$300 springboard (\$15/\$20/\$25 per class). Discounted class will be of equal or lesser value.

CLASS DESCRIPTIONS & PRICING

SPRINGBOARD QUAD Semi-Private (4-person max)

Springboard Sampler

Wanting the benefits of the Pilates apparatus at a more affordable price? Experience the versatility of the Springboard for core, upper, and lower body.

QUAD Semi-Private (4-person max)

Foundations

Just as important as laying the foundation of your house, you must properly lay the support structure of your body. Gentle introductory exercises to help you recruit your greatest internal stabilizers.

Beyond Foundations

Continue working on building core stability while beginning to incorporate movements using the Pilates principles.

GROUP Classes

Stable and Able Spine

Start laying the bricks on that foundation! This empowering class will show you that you *can* exercise with mindfulness and safety for your spine.

Combo Apparatus

Time flies when you combine cardio and the amazing Pilates apparatus! Get challenged as never before as you experience the Reformer, Cadillac, Chair, Barrel and Bosu.

\$360 – SPRINGBOARD QUAD 12-Week Session (or \$252 for 6 DROP-INS)

\$300 – QUAD 12-Week Session (or \$210 for 6 DROP-INS)

\$240 – GROUP 12-Week Session (or \$168 for 6 DROP-INS)

Please arrive to class on time. If you are more than 15 minutes late entrance to the class will not be permitted.

For the safest and most beneficial class please do not use equipment before your class begins.

REGISTRATION: Registration is on a first come, first serve basis. Reservation is confirmed once payment is received. Please note that some sessions may be pro-rated due to public holidays.

DROP-INS AND MAKEUPS: Classes are non-transferable. Five (5) Make-up classes are permitted and must be completed in the same session. Make-ups may be applied to any class of equal or lesser value. You may sample a higher-cost class once per session at no additional cost, or attend at a \$5 surcharge thereafter. Attending make-up classes is the responsibility of the student and is based on availability in other classes and on approval of the instructor. **Please call ahead to reserve your make-up classes!!!**