

PILATES GROUP CLASSES & MORE: STUDIO CITY

Please call ahead for reservations at (818) 907-0008 or email, jim@coreconditioningpt.com . Please visit our website: www.coreconditioningpt.com

July 2010				
ALL MAT CLASSES: BRING A FRIEND FREE! *(1 st Mat Class ONLY)*				
Monday		8:30am	Group Reformer Equipment Class (Int)	Lindsay
		9:30am	Group Reformer Equipment Class (Beg/Int)	Lindsay
	NEW	10:00am	BACK PAIN Special Conditions Potpourri Mat/Equip. Class (OPEN) *starts on 7/12*	Emma
		12:00pm	"Young at Heart" Mat Class (Open)	Tiza
		1:30pm	Group Reformer Equipment Class (Adv)	Tiza
		6:30pm	Group Reformer Equipment Class (Int)	Emma
Tuesday		6:00am	Group Reformer Equipment Class (Open)	Lindsay
		8:00am	Group Reformer Equipment Class (Int)	Lindsay
		8:30am	"Pilates Potpourri " Specialty Mat/Equipment class * (Int)	Elizabeth
		10:00am	Group Reformer Equipment Class (Int)	Elizabeth
	NEW	12:00pm	Pilates Mat (Open)	Ariana
		2:30pm	Pregnancy Pilates – Pre and Post Natal Potpourri Class	Emma
		2:30pm	"Young at Heart" Reformer Class	Eileen
		7:30pm	Pilates Mat (Int)	Jennifer
	8:00pm	Group Reformer Equipment Class (Beg/Int)	Kimber	
Wednesday		8:00am	Wall Unit Equipment Class (Int)	Tiza
		9:00am	"Pilates Potpourri " Specialty Mat/Equipment class * (Int)	Jacky
		10:00am	Special Conditions Mat Class (Beginner)	Traci
	NEW	11:00am	Group Reformer Equipment Class (Beg/Int)	Lindsay
		5:00pm	Group Reformer Equipment Class (Beg/Int)	Dani
	NEW	6:00pm	Group Reformer Equipment Class (Int/Adv)	Emma
		7:00pm	Group Reformer Equipment Class (Beg/Int)	Dani
Thursday		6:00am	Group Reformer Equipment Class (Beg/Int)	Lindsay
		7:00am	Group Reformer Equipment Class (Beg/Int)	Elizabeth
		8:00am	Group Reformer Equipment Class (Int)	Lindsay
		8:00am	Special Conditions Mat Class (Beginner)	Eileen
	NEW	9:00am	"Pilates Potpourri " Specialty Mat/Equipment class * (Int)	Elizabeth
		10:00am	"BOSU" Total Body Conditioning (Int)	Gabrielle
		11:00am	Pilates Mat ((Open)	Nina
	NEW	1:30pm	"Pilates Potpourri " Specialty Mat/Equipment class * (Beg/Int)	Dani
		2:30pm	"Young at Heart" Reformer Class	Eileen
	NEW	6:00pm	Wunda Chair "Potpourri" Specialty Equipment class * (Intermediate)	Nina
	7:00pm	Wall Unit Equipment Class (Int)	Ariana	
Friday		9:00am	"Pilates Potpourri " Specialty Mat/Equipment class * (Beg/Int)	Jacky
		10:00am	"Pilates Potpourri " Specialty Mat/Equipment class * (Beg/Int)	Jacky
		11:00am	"Young at Heart" Mat Class (Open)	Tiza
		12:30pm	Wall Unit Equipment Class (Beg/Int)	Tiza
		1:30pm	Group Reformer Equipment Class (Int/Adv)	Tiza
Saturday		8:00am	Group Reformer Equipment Class (Beg/Int)	Elizabeth
		8:00am	Pilates Mat ((Open)	Traci
		9:00am	Pilates Mat (Open)	Traci
		9:00am	Group Reformer Equipment Class (Int/Adv)	Elizabeth
		10:00am	Group Reformer Equipment Class (Beg/Int)	Elizabeth
Sunday		8:00am	Group Reformer Equipment Class (Beg/Int)	Lindsay
		9:00am	Group Reformer Equipment Class (Beg/Int)	Lindsay
		10:00am	Group Reformer Equipment Class (Beg/Int)	Lindsay

**** See other (Burbank) side for Class Pricing and Class Policies**

*** CLASS POLICIES**

- Due to limited availability you must sign up in advance for all classes.
- Strict 24hr cancellation policy for all classes.
- If you are more than 10 Minutes late for any class, your space will be forfeited. You will be responsible for payment and your spot will be given to the next person on the waiting list.
- You're required to take at least 5 private Pilates sessions prior to taking any Equipment class (Intro classes do not apply).

PILATES MAT CLASS

One	Five	Ten	Twenty	30 Days Unlimited
\$18.00	\$85.00	\$160.00	\$300.00	\$200

EQUIPMENT CLASSES (*)

One	Five	Ten	Twenty
\$28.00	\$135.00	\$260.00	\$500.00