



Physical Therapy
Pilates
Gyrotonic®

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Pilates Group Classes & More: Burbank

Please call ahead for reservations at (818) 729-9419 or email, jim@coreconditioningpt.com . Please visit our website: www.coreconditioningpt.com

March 2010			
ALL MAT CLASSES: BRING A FRIEND FREE! *(1st Mat Class ONLY)*			
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Monday	7:00am	Group Reformer Equipment Class (Beg/Int)	Elizabeth
	8:15am	Group Reformer Equipment Class (Beg/Int)	Kelly
	12:00pm	"Power Props" class (Beg/Int)	Elizabeth
	12:30pm	Group Reformer Equipment Class (Beg/Int)	Kelly
	4:00pm	Special Conditions Mat Class (Beginner)	Eileen
	5:30pm	Pilates Mat (Beg)	Andrea
	6:30pm	"Pilates Potpourri" Specialty Mat/Equipment Class * (Beg/Int)	Elizabeth
Tuesday	1:00pm	Pilates Mat (Int/Adv)	Romi
	6:00pm	Group Intro to Pilates Mat (Open level) *1 st Tues. of every month **Limit one class	Kelly
Wednesday	11:00am	"Pilates Potpourri" Specialty Mat/Equipment Class * (Beg/Int)	Kelly
	12:30pm	Pilates Mat (Intermediate)	Kelly
	5:00 pm	Pilates Potpourri" Specialty Mat/Equipment Class * (Beg/Int)	Kimber
	6:30pm	"Pilates Potpourri" Specialty Mat/Equipment Class * (Beg/Int)	Elizabeth
Thursday	7:30am	Group Reformer Equipment Class (Int/Adv)	Chuck
	8:30 am	Group Reformer Equipment Class (Beg)	Adrian
	1:00pm	Group Reformer Equipment Class (Int)	Chuck
NEW	5:00pm	Pilates Mat (Beg)	Kimber
NEW	6:00pm	Group Reformer Equipment Class (Beg / Int)	Kimber
Friday	7:30am	Group Reformer Equipment Class (Open)	Chuck
	8:00am	Springboard Equipment Class (Int/Adv)	DawnMarie
	12:00pm	Pilates Mat (Beg/Int)	Chuck
	12:00pm	"Pilates Potpourri" Specialty Mat/Equipment Class * (Beg/Int)	Kelly
	1:00pm	Group Reformer Equipment Class (Adv)	Romi
Saturday	9:00am	Group Reformer Equipment Class (Beg/Int)	Chuck
	10:00am	Group Reformer Equip Class (Beg/Int)	Chuck
	NEW	11:00am	Group Reformer Equip Class (Beg/Int)
Sunday		** Currently no Sunday classes scheduled in Burbank for March **	

CLASS POLICIES

- Due to limited availability you must sign up in advance for all classes.
- Strict 24-hour cancellation policy for all classes.
- If you are more than 10 minutes late for any Reformer/Springboard 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 are required to take at least 5 private Pilates sessions and obtain approval from your instructor prior to taking beginner, intermediate or advance equipment classes. For safety purposes, all classes require knowledge of Pilates terminology, spring settings, etc.
- Thank you in advance for your cooperation.
- **CLASS PRICING**

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