

PilatesforLife

The Tradition and Method of Joseph Pilates

26A Saybrook Road, Essex, CT 06426
Phone: 860-227-5790 info@inspiredbypilates.com

March/April 2019 Mat Class Schedule

Monday Basic Intermediate 8:30am
Basic Intermediate 6:00pm

Tuesday
Beginner class 8am

Wednesday
Advanced Beginner class 6:15pm

Thursday
Beginner Class 6:00 pm

Friday
Small Barrel Class 9:15am

Session runs

Monday, March 4th- Friday, May 3rd, 2019

Studio closed:

Wednesday, March 13th no PM class
or afternoon privates

Friday & Saturday March 15 & 16

Mat Session Pricing

Monday 9weeks/\$171

(If snow 3/4 AM 8 weeks/\$152

Tuesday 9 weeks/\$171

Wednesday pm 8 weeks/\$152

Thursday 9 weeks/\$171

Friday Barrel (no session fee)

For multiple Mat classes, please add class fees & deduct 15%.

Small Barrel class \$22 registered student

Small Barrel & Mat Class not registered drop in rate \$25

Extra Class for registered students and private clients only: \$19

Private Equipment instruction/ one on one \$75/hour

Registration for Small Barrel Classes is on a per class basis and limited to 4 people per class. 48 hour cancellation.

Registration & Payment due one week prior to start of session

Any missed classes must be made up within the session

Advance Registration Required To Guarantee A Mat

Dropins are happily accommodated if space is available

Studio Information

Pilates for Life offers the Traditional Pilates Method.

Pilates is alignment based, functional exercise that strengthens the abdominal & back muscles, while also improving flexibility, posture and balance.

It is a perfect complement to any other workout or sport. The Traditional Pilates Method offers both matwork and private equipment instruction.

Equipment work includes the Reformer, Cadillac, Wunda Chair, Electric Chair, Arm Chair, Ped-I-Pole,

By appointment
\$75/hour

Marlene Powers
Owner/Instructor
Certified by
Romana Kryzanowska
True Pilates
NYC

www.inspiredbypilates.com

www.romanaspilates.com

Studio #

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