



Receive our class schedule online by signing up for our monthly e-mail newsletter online www.bodywatts.com

YOGA & PILATES 2009 Schedule

10/14/09 Edition

Class Times	Monday	Tuesday	Wed	Thursday	Friday	Sat
AM				8:45– 10:15 Intermediate Yoga with Deborah	8 – 9 Pilates Group Reformer RSVP limit 5	
				Beginner Pilates Mat 10:30-11am	Beginner Yoga with Deborah 9 AM -10AM	
Noon						
PM	3:30-5:00 Intermediate Yoga with Deborah					
	Beginner Pilates Mat 5:30-6:00pm	5:30 – 6:30 Pilates Group Reformer RSVP limit 5				

BodyWatts Fitness Memberships \$49 per month include YOGA AND MAT PILATES Classes

Class Drop-In Rate \$7.50 per half hour, \$15 for an hour or more,

YOGA

1 month 4 class pass \$49
 1 month Unlimited Yoga \$72
 Drop in Yoga \$15.00
 *EFT MEMBER All Classes *\$49

PILATES

Drop in Reformer GROUP \$30
 Reformer GROUP EFT \$99 per month
 Drop in Pilates Mat \$7.50 30 minutes
 Drop in Pilates Mat \$15.00 60 minutes

SNOW POLICY: CALL THE STUDIO – WE WILL HAVE A RECORDED MESSAGE IF WE ARE CLOSED OR OPENING LATE.

*****Don't see a class that fits your schedule or your fitness level? *****

***Ask us about PRIVATE or GROUP TRAINING where we cater to your needs! ***

Start your own group or get into an open Group.

As us to price your own customized Membership Plan, where you choose from a combination of Personal Training, Yoga and Pilates, Massage and Lifestyle Coaching. Place on automatic billing and save up to 10%!

MIND BODY STUDIO classes are open to both men and women. Please do not enter the Yoga room when the lights are turned off. If you are more than 15 minutes late to Yoga or Pilates we ask that you not take the class. No Shoes inside the Yoga room. Please use Quiet Voices while in the Mind Body Studio areas.