

Portland Pilates

The Center for Authentic Pilates

Fall 2005 Mat Class Offerings

Here are the 10-week classes which are proposed to run from September 11th to November 19th

Please see other side for important class information

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
<p>8:30 AM Basic with Kaye</p> <p>9:30 AM Ball with Kaye</p>	<p>9:30 AM Intermediate with Susan</p> <p>10:30 AM Basic with Susan</p>	<p>6:30 AM Intermediate with Tunde</p> <p>9:00 AM Basic with Alison</p>	<p>9:00 AM Intermediate with Tunde</p>	<p>6:30 AM Intermediate with Tunde</p> <p>9:00 AM Basic with Kaye</p>	<p>9:30 AM Advanced with Susan</p>	<p>8:30 AM Intermediate with Tunde</p> <p>9:30 AM Advanced with Tunde</p>
	<p>5:15 PM Intermediate with Alison</p> <p>6:15 PM Basic with Tunde</p> <p>7:05 PM Advanced with Bethany</p>	<p>5:15 PM Intermediate with Tunde</p> <p>6:15 PM Advanced with Tunde</p>	<p>4:00 PM Intermediate with Tunde</p> <p>5:15 PM Basic with Susan</p> <p>6:15 PM Intermediate with Susan</p>	<p>5:15 PM Intermediate with Bethany</p> <p>6:15 PM Ball with Kaye</p> <p>7:15 PM Basic with Kaye</p>	<p>Mat Class Pricing– Mat Class Series (4+ students): \$120 per series, paid in advance. Mat Class Drop-In: \$15 per class</p>	

Portland Pilates

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Important information about our mat classes-



Mat Class Pricing-
Mat Class Series (4+ students):
\$120 per series, paid in advance.
Mat Class Drop-In: \$15 per class

Classes run 55 minutes, with 4 to 12 students enrolled. We provide all of the equipment you'll need. We recommend comfortable clothing that is appropriate for movement.

Payment: We require payment one week before a class starts. A minimum of four enrollees per class are required for a series to commence. Please make checks payable to **Portland Pilates**, and mail payment, *(with your phone number and the day and time of your desired class written on the check)*, to the above address.

Late Entry: We will pro-rate fees should you wish to enter a class series already in-progress. (There is a 4-class minimum, however. Beginners may not enter class series in-progress.) Should you not wish to wait for the next class series we can arrange private or semi-private classes. You can also *create your own \$15/person mat classes* for yourself and at least 3 other friends. Please inquire.

Missed Classes and drop-ins:

Up to two missed classes per term may be made up by attending any level-appropriate class in that class term. **We allow up to 2 make-up classes per term, without exception.** A drop-in class fee system accommodates those who cannot commit to a full class term. You needn't call before attending on a drop-in basis; just make sure you're attending a class at your proper level.

Class Levels:

Please note that all students should start at the Basic level regardless of physical ability. This allows us to provide you a thorough understanding of the Method as it was taught to us by Romana Kryzanowska in New York's Authentic Pilates™ studio. The Basic pace is a little slower than other classes, but students still get a deep and effective workout.

Basic: An introduction to the fundamentals of Pilates, with intermediate exercises added to the class series as appropriate. Upon completion, students may choose to take the Basic again to stay with the slower and more thorough pace, or they may be ready to advance to Intermediate level

Intermediate: At this level, we assume your familiarity with the Intermediate exercises, and focus on depth and pace. As class progress warrants, we will sprinkle in Advanced exercises.

Advanced: Assumes familiarity with the Advanced exercises. This class moves quickly, so come ready to get sweaty!