

# Centerworks® Pilates “Fitness for Whole-Body Health”

## At A Glance ~ 2006 Programs & Schedules

4-Week Session Dates ◆ July 10-Aug 5 ◆ Aug 7-Sept 1 ◆ Sept 5-Sept 30

### Quick Start Schedule – Start any time during a session.

Quick Start scheduled Mon-Sat by appointment. Please call the studio for available class times.

*Quick-Start Fees:* Four – 55 min. sessions \$99

### Open Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am		9:00am		
4:30pm		4:30pm			9:00am
5:30pm	Noon	5:30pm		Noon	
6:30pm		6:30pm			

*Open Gym 4-week Session Fees:* 8 Classes: \$120 Drop in Fee: \$25

### Matwork Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00am – Mat+
Noon Mat +	Noon Beginner Mat	Noon Mat+	Noon Beginner Mat	1:00pm 30/30 Mat & Stretch	
5:30pm Mat+	5:30pm On the Ball	5:30pm 30/30 Mat & Stretch	5:30pm Mat		
6:30pm Beginner Mat		6:30pm Beginner Mat			

*Matwork Classes 4- week Session Fees:* Beginner Mat: \$70 Unlimited Classes: \$75 Drop In Fee: \$15

### Private Training

One-on-one training is a great way to maximize your Pilates experience, and help you get the most from your workout program. Private training sessions can be tailored to your needs and goals. Opt for a “standing” appointment 1-2 days a week, or supplement your Quick Start, Open Gym, and Mat workouts with a little fine-tuning for your Pilates exercise program by scheduling a session once or twice a month. Private Training is available Monday – Saturday. Times vary. All sessions are by appointment. Call 265-9700 for scheduling.

*55 Min. Session:* Studio Director: \$60, Senior Instructor: \$55

*30 Min. Session:* All Instructors \$35

### Registration Information

Client registration forms can be downloaded at <http://www.pilates-wichita.com/clientinfo.htm>

Payment of fees reserves you place for all programs & services.

We accept Cash, Check, Visa, MasterCard, & American Express

**Call NOW 265-9700 or Stop in the Studio to Enroll Today!**

