



# STOTT PILATES

## Next Session Begins

Monday, November 16<sup>th</sup> – December 18<sup>th</sup>

Registration Mon. Nov. 2<sup>nd</sup> – Thurs. Nov. 12<sup>th</sup>

Classes with no registration by Thurs. Nov. 12<sup>th</sup> @ 9:00 pm will be cancelled

### \* Days/Times available to register for \*

M,W – 5:45-6:30 AM (Essential Plus)

T,TH – 5:45-6:30 AM (Essential)

M,W – 6:30-7:15 AM (Beginner)

M,W – 7:15-8:00 AM (Essential)

M,W – 8:15-9:00 AM (Intermediate)

T,Th – 8:15-9:00 AM (Essential)

T,Th – 9:15-10:00 AM (Essential Plus)

M,W – 10:15-11:00 AM (Intermediate)

T,Th – 11:00-11:45 AM (\*Advanced)

M,W – 12:10-12:50 PM (Beginner)

T,Th – 12:10-12:50 PM (Essential)

T,Th – 4:15-5:00 PM (\*Advanced)

M,W – 6:30-7:15 PM (Essential)

M,W – 7:15-8:00 PM (Beginner)

T, Th – 6:30-7:15 PM (Essential Plus)

### 5-Week Session

#### Plus Member:

2x/wk. = \$25

#### Basic Member:

2x/wk. = \$50

#### Non – Member:

2x/wk.=\$100

1. Beginner Level – Learn 5 basic principals and all the exercises. Everyone must take one session of Beginners.
2. Essential/Essential Plus Level – This class moves smoother and is a continual resistance workout. Everyone is required to take at least one session of Essential before moving on, but we recommend 1 year. The “Plus” class introduces you to the “jump board”.
3. Intermediate Level – More advanced exercises encourages a more challenging workout.
4. \*Advanced Level – Very challenging. We recommend at least 2 years of Intermediate before trying this level. Feel free to come and observe the class before making a decision.

Personal Training also available...

Contact Jeannie Nold @ 605-225-4910 or, [jnold@aberdeenymca.org](mailto:jnold@aberdeenymca.org)