



STOTT PILATES

Next Session Begins

Monday, Jan. 3rd – Feb. 4th, 2011

Registration Mon. Dec. 13th – Thurs. Dec. 30th

Classes with no registration by Thurs. Dec. 30th @ 9:00 pm will be cancelled

*Days/Times available for Registration

M,W – 8:15-9:00 AM (Beginner)

M,W – 10:15-11:00 AM (Intermediate)

T,Th – 8:15-9:00 AM (Essential)

T,Th – 9:15-10:00 AM (Essential Plus)

T,Th – 11:00-11:45 AM (*Advanced)

T,Th – 12:10-12:50 PM (Essential)

T,Th – 6:30-7:15 PM (Essential Plus)

T,Th – 7:30-8:15 PM (Beginner)

2 Payment Options

for Y Members:

(5-Week Session)

*Pay Per Session

2x/wk. = \$30

*Monthly Bank Draft

2x/wk. = \$20

Automatically signed up for every session with the Bank Draft option.

Non-Members

\$75 per session

Beginner Level – Learn 5 basic principals and all the exercises. Everyone must take one session of Beginners.

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”.

Intermediate Level – More advanced exercises encourages a more challenging workout.

***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 Terrill Meier @ 605-225-4910 or, tmeier@aberdeenyumca.org

