



STOTT PILATES

Next Session Begins

Monday, July 12th – Aug. 20th, 2010

Registration Mon. June 28th – Thurs. July 8th

Classes with no registration by Thurs. July 8th @ 9:00 pm will be cancelled

*Days/Times available to register for *

M,W – 5:45-6:30 AM (Essential Plus)

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 (Essential)

M,W – 6:30-7:15 PM (Essential)

T,Th – 6:30-7:15 PM (Essential Plus)

6-Week Session

Plus Member:

2x/wk. = \$25

Basic Member:

2x/wk. = \$50

Non – Member:

2x/wk.= \$100

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@aberdeenymca.org