

**Classes with no registration by
Thursday, May 24th @ noon will be cancelled**

STOTT PILATES

**Next Session Begins
Tues, May 29th – Thurs, July 5th, 2012
Registration starts Monday May 14th**

***Days/Times available for Registration**

M,W – 5:50-6:35AM (Intermediate)

M,W – 8:15-9:00AM (Beginner)

M,W – 10:15-11:00 AM (Advanced)

T,Th – 9:15-10:00 AM (Essential Plus)

T,Th – 6:30-7:15 PM (Essential Plus)

T,Th – 7:30-8:15 PM (Beginner)

2 Payment Options

for Y Members:

(6-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 principles 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



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**