



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

5 week session
 No classes due to
 cleaning & maintenance
 Mon, Aug 15 – Sun, Aug 21
 (Brown County Fair Week)

STOTT PILATES REFORMER

Next Session Begins

Monday, July 11 – Friday, Aug 12, 2022

Registration starts Monday, June 27

Tentative date for next session is Sept 6 – Oct 7...Reg. starts Aug 22

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

Pilates Reformer – This class will move smoother and is a continual resistance workout. It a combination of different levels (Essential, Plus, Intermediate and Advanced) “Plus” means the “Jumpboard” is added to the Reformer. The Intermediate and Advanced moves give more challenging options, but modifications are shown throughout to accommodate any fitness level.

Pay per Session
 2x/wk. = \$35
 *1x/wk. = \$17.50
-Annual Fee
 2x/wk = \$23.50 (monthly draft) \$282 paid in full
 1x/wk = \$12 (monthly draft) \$144 paid in full
Automatically signed up for every session with the Bank Draft or Annual Fee

Non-Members
 2x/wk \$70 per session (\$564 paid in full)
 1x/wk \$35 per session (\$288 paid in full)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Pilates Reformer 5:30-6:15am Abbie		*Pilates Reformer 5:30-6:15am Deb	
Pilates Reformer 8:15-9:00am Stephanie		Pilates Reformer 8:15-9:00am Stephanie		*Beginner Reformer 8:15-9:00am Stephanie	
					* = 1x a week class
	*Pilates Reformer 6:30-7:15pm Varies		*Pilates Reformer 6:30-7:15pm Jennifer		
			*Beginner Reformer 7:15-8:00pm Jennifer		



Personal Training also available... Contact Terrill Meier @605-225-4910
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