

# SUMMER PILATES SCHEDULE – SESSION 1



**JUNE 23 – JULY 26**  
**5 WEEKS**  
**No Class JULY 3,4,5<sup>th</sup>**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am							
7:00 am		Reformer 2 Karen		Reformer 1 Cherry			
7:15am							
8:00 am			Reformer 1 Karen			Reformer 1 Cherry	
8:30 am							
9:00 am	Reformer 1 Karen	Reformer 1 Karen	Reformer 1 Karen	Reformer 1 Kelly L.			
9:30 am							
10:00 am		Reformer 1 Karen		Basic Kelly L			
3:30 pm							
5:00 pm				Reformer 1 Kelly L		All classes are 55 minutes.  Max 4 clients per class.	
6:00 pm	Reformer 2 Karen			Reformer 1 Kelly L			

CLASS	Members	Non-Members	Description
<b>PILATES BASIC</b>	\$125	\$150	For those individuals who have limited or no experience on the Reformer and want or need to gain more confidence with the movements before doing Reformer 1.
<b>PILATES BASIC PLUS</b>	\$125	\$150	For those individuals who have successfully completed the Pilates basic work and are working towards entry into Reformer 1 class.
<b>PILATES REFORMER 1</b>	\$125	\$150	For those who are familiar with Reformer Basics. Now you will have challenged resistance at a faster pace, working abs, arms, and legs while stabilizing pelvic and shoulder girdles.
<b>PILATES REFORMER 2</b>	\$125	\$150	Faster paced with higher level exercises requiring substantial core stabilization and coordination.
<b>SENIOR PILATES</b>	\$125	\$150	This class utilizes studio equipment to work on stability, balance, strength and flexibility for active seniors.
<b>PILATES PRIVATE TRAINING:</b> REFORMER, CADILLAC, CHAIRS & BARRELS	See Rate Sheet	See Rate Sheet	Designed for those with injuries, special needs, posture issues, specific fitness goals, or a desire to work on a more private level. The Reformer, Cadillac, Chairs & Barrels and small equipment will be used to improve strength and neuromuscular coordination. Appointment only

### Registration information

- Preference given to existing class participants.
- New participants need to discuss class placement with Pilates Coordinator, Karen Goldberg.
- Please fill out the Registration Form below and drop it off in person at the front desk with payment or house charge
- All charges will be billed to house account. At first of month, following charges being applied to your account, the balance will be satisfied with preferred payment option on your account. You can make a check or cash payment at beginning of session if preferred.
- Make-up classes are allowed on a space available basis with the instructor's permission. Make-ups can only be done during the current session. Instructor must be notified in advance when class will be missed.
- If you are looking for a different day and time, please contact Jody Pugh (Fitness Director) at (781) 585-3883. We will add time slots for pre-established groups.
- No refunds will be given after start of the session.

### Registration Form – Kingsbury Club Pilates Classes

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Membership Type: ☐ All Inclusive ☐ Non-Member

Payment Method: ☐ House Charge ☐ Check

☐ Credit Card Type/Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_