

Summer Pilates Reformer Classes

———— June 22 - August 15 ————

An 8-week small group training experience designed to build strength, alignment, and control.

Members: \$30 per session (\$240 total)

Non-Members: \$35 per session (\$280 total)

Reserve your spot early. Limited availability per class.



KINGSBURY CLUB
KINGSTON

CLASS SCHEDULE

Mondays

9:00 AM with Karen

6:00 PM with Karen

Tuesdays

7:00 AM with Karen

9:00 AM with Karen

10:00 AM with Karen

Wednesdays

8:00 AM with Karen

9:00 AM with Karen

6:00 PM with Cherry

Thursdays

9:00 AM with Kelly

6:00 PM with Kelly

Saturdays

8:00 AM with Cherry

Name : _____

Email : _____

Phone : _____

Preferred Class(es) : _____

Dates you will NOT attend (if any) : _____

Please Note :

You will be billed for all weeks unless noted here

Signature: _____