

A woman with blonde hair tied back is performing a Pilates Reformer exercise. She is lying on her back on the reformer carriage, with one leg extended straight out and the other bent at a 90-degree angle. Her arms are extended forward, holding the reformer's handles. The background shows a bright room with large windows and a potted plant on a shelf.

Join us for a new session of **Pilates Reformer Classes**

———— August 17 - October 10 ————

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

Members: \$30 per session

Non-Members: \$35 per session

Reserve your spot early. Limited availability per class.

 **merrithew** | leaders in mindful movement



KINGSBURY CLUB
KINGSTON

CLASS SCHEDULE

Mondays

9:00 AM with Karen (no class 8/17)

6:00 PM with Karen (no class 8/17)

Tuesdays

7:00 AM with Karen (no class 8/18)

9:00 AM with Karen (no class 8/18)

10:00 AM with Karen (no class 8/18)

Wednesdays

8:00 AM with Karen (no class 8/19)

9:00 AM with Karen (no class 8/19)

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: _____