KINGSBURY CLUB
KINGSTON

Pilates Reformer

CLASSES

OCTOBER 13 - DECEMBER 5

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.

CLASS SCHEDULE

Mondays

9:00 AM with Karen (no class 10/12)
6:00 PM with Karen (no class 10/12)

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

8:00 AM with Kelly
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: _____