

THE PILATES CENTER OF PITTSBURGH

SUMMER GROUP CLASSES – 6/27/10-9/4/10 (Makeups: Sept. 5th – 11th) NO CLASS 7/4 or 9/6

MONDAY

6:15pm-7:00pm
Beg./Open Level Mat
Aubrey

7:30pm-8:30pm
Sprints
Cecile

TUESDAY

WEDNESDAY

8:00am-8:45am 9:00am-9:45am
Advanced Mat Open Level Mat
Lesley Aubrey

7:00pm-7:45pm
Intro/Beginner Mat
Susie

THURSDAY

6:15am-7:00am
Early Risers Mat
Nicole

4:30pm-5:15pm
Flexibility At Any Age
Michael

FRIDAY

8:30am-9:15am
Pilates W/ Props
Sue

REMEMBER
Appointments are also
taken throughout the
week for Private and
Semi-Private Sessions

SATURDAY

9:00am-10:00am
Open Level Tower
Staff

SUNDAY

9:00am-9:45am
Beginner Mat
Staff

SPECIALTY CLASSES/WORKSHOPS

BALLET WORKOUT with Aubrey

Thurs. Aug. 5th 9:00-9:45am \$17

Thurs. Sept. 2nd 9:00-9:45am \$17

Experience why a dancer is shaped with long, strong muscles. This is a ballet based workout focused on toning and developing strength and flexibility in the muscles of your whole body. Your hips, legs, feet, arms and backs will notice the difference right away.

!!!NEW TO OUR STUDIO!!!

In Studio Babysitting begins this June 2010! Bring your baby/young child to the studio and they can play while you get your Pilates in. Please email/speak to Lesley if interested. davenportpilates@yahoo.com