

THE PILATES CENTER OF PITTSBURGH

WINTER GROUP CLASSES - 1/10/10-3/20/10 (Makeup Week: March 21st -27th)

MONDAY

6:15pm-7:00pm
Beginner Mat
Aubrey

8:00pm-9:00pm
Open Level Tower
Cecile

TUESDAY

6:00pm-7:00pm
Open Level Tower
Aubrey

WEDNESDAY

8:00am -8:45am
Advanced Mat
Lesley

9:00am-9:45am
Open Level Mat
Aubrey

5:15pm-6:00pm
Fusion For Fitness
Cecile

6:15pm-7:00pm
Beginner Mat
Cecile

THURSDAY

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

8:00am-8:45am
Intermediate Mat
Cecile

5:30pm-6:15pm
Flexibility At Any Age
Michael

FRIDAY

RESERVATIONS RECOMMENDED
ALL GROUP CLASSES SUBJECT TO A
24-HOUR CANCELLATION POLICY

Private and Semi-Private
Classes are available
throughout the week.

SATURDAY

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

SUNDAY

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

SPECIALTY CLASSES/WORKSHOPS

Magic Circle Mat \$25.00

with Cecile Saturday, Feb. 20th 11am-12pm

The Magic Circle is a piece of equipment designed to challenge your abdominals, inner and outer hips, and shoulders. This small, unassuming piece of equipment works your powerhouse with a double punch! Join us for some fun, creative workouts. Class is taught at an open level.

Moonlight Magic \$17.00

with Lesley Friday, Jan. 15th 6:30pm-7:30pm

This relaxing class is geared for unifying your body, mind, and spirit at the end of the day. Special lighting along with smooth movements from dance, Pilates, and yoga make for an enjoyable, feel good, inside and out class.

Refresh and Renew \$60 full day, \$17 mat, \$28 workshop

Saturday, March 20th

10am-11am MAT CLASS

11am-12pm FEET TO SEAT w/Cecile

1pm-2pm PILATES FOR LOW BACK ISSUES w/Lesley

An afternoon of classes guaranteed to revive and renew your body, mind, and spirit!

Getting Started In Pilates (tell your friends!) \$25.00

Saturday, Jan. 30th 1pm-2pm

Calling all First-timers! The perfect way to kick start your exercise program this year. Appropriate for clients who would like to review the beginning level exercises.

*******PILATES POWER HOUR/OPEN HOUSE*******

\$28 *please inquire at the front desk for details!

Friday, Feb. 5th 5:30pm-7:30pm

Friday, March 5th 5:30pm-7:30pm