

# Pilates Reformer Group Class Schedule

May, June 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			3 Person Group 6:15-7:15am Debbie H.	
	3 Person Group 7:30-8:30am Jennifer G.	3 Person Group 7:30-8:30am Jennifer G.	6 Person Group 8:00-9:00am Debbie H.	
3 Person Group 9:00-10:00am Jennifer G.	3 Person Group 9:00-10:00am Debbie H.		3 Person Group 9:00-10:00am Carmela G.	3 Person Group 9:15-10:15am Jennifer G.
3 Person Group 10:00-11:00am Jennifer G.				3 Person Group 10:15-11:15am Jennifer G.
3 Person Group 11:30am-12:30pm Debbie H.	6 Person Group 12:00-1:00pm Debbie H.			Bone Builders 11:30am-12:30pm Michelle U.
	6 Person Express 1:00-1:30pm Kelly G.			6 Person Express 12:00-12:30pm Kelly G.
				6 Person Group 1:15-2:15pm Debbie H.
	3 Person Group 4:00-5:00pm Kelly G.	6 Person Group 4:30-5:30pm Michelle U.	6 Person Group 4:30-5:30pm Debbie H.	
	3 Person Group 5:30-6:30pm Jennifer R.	3 Person Group 6:00-7:00pm Jennifer G.		<i>Indicates "Express" 30-minute Class</i>
6 Person Group 7:30-8:30pm Jennifer R.	3 Person Group 6:30-7:30pm TBD			<i>Indicates "Gentle" Class</i>

## Class Schedule

Classes run monthly and generally meet 4 to 5 times depending on how many days and holidays fall in the month.

## Registration Forms

Members can register for classes by turning in a completed program registration form to the Service Desk. If a class is full, the registrant will receive an email with other training options.

## Individual Class Participants

Participation in individual classes requires registration prior to the class, or direct confirmation with the instructor of the class. This is to ensure that the class is running, and that there is space in the class for each specific date. Please see the Fitness Desk for a list of all open spaces in all currently running classes.

***For pricing and additional policies, please see reverse. For information or class registration contact Giselle, Pilates Lead, at [gisellev@svjcc.org](mailto:gisellev@svjcc.org) or 408.357.7427.***

## APJCC Pilates Reformer Group Classes

### Rates:

	<u>Members</u>	<u>Nonmember</u>
<b>3-person Group</b>		
1 sixty-minute session	\$40 <sub>per person</sub>	\$50 <sub>per person</sub>
Monthly classes	\$35 <sub>per person/per class</sub>	\$45 <sub>per person/per class</sub>
<b>6-person Group</b>		
1 sixty-minute session	\$30 <sub>per person</sub>	\$40 <sub>per person</sub>
Monthly classes	\$25 <sub>per person/per class</sub>	\$35 <sub>per person/per class</sub>
<b>3-person Group</b>		
1 thirty-minute session	\$24 <sub>per person</sub>	\$34 <sub>per person</sub>
Monthly classes	\$21 <sub>per person/per class</sub>	\$31 <sub>per person/per class</sub>
<b>6-person Group</b>		
1 thirty-minute session	\$18 <sub>per person</sub>	\$28 <sub>per person</sub>
Monthly classes	\$15 <sub>per person/per class</sub>	\$25 <sub>per person/per class</sub>

### Missed Class & Cancellation Policy:

If a registered participant misses one class in a month, he/she will be offered a \$10 credit applied to the next month of Pilates training. All other unattended classes are non-refundable and will not result in a credit or a make up. A credit for the full amount of a missed class will be issued only when accompanied by a doctor's note. Changes to registration can be made up to the last day of the month prior to the start of class.

*\*Group Reformer classes are not appropriate for those with injuries. Please call or email for information regarding Private training options.*

*\*All class participants must have completed an orientation class. To schedule your orientation, please contact Giselle, Pilates Lead at [gisellev@svjcc.org](mailto:gisellev@svjcc.org) or 408.357.7427.*