



PILATES STUDIO KILDARE

Keep Strong & Healthy

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Jan 2017 Winter 6-week Term

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|----------------------------|-------------------------|------------------------|---------------------------|---------------------------|---------------------------------------------------------|
| Date | Jan 16 th | Jan 17 th | Jan 18 th | Jan 19 th | Jan 20 th | Jan 21 st |
| 9:00 am | Private Pilates | Private Pilates | Private Pilates | Private Pilates | Private Pilates | Reformer Level 1 |
| 10:15 am | Mat Foundation | Reformer Level 1 | Mat Level 2 | Reformer Level 2 | Reformer Level 1/2 | 10:30am to 2:30 pm Private Pilates |
| 11:30 am | Private Pilates | Private Pilates | Private Pilates | Private Pilates | Private Pilates | |
| 12:30 pm | Private Pilates | Private Pilates | Private Pilates | Private Pilates | Private Pilates | |
| 6:00 pm | Reformer Level 1 | Mat Foundation | Mat Level 1 | Reformer Level 1/2 | Pre-Natal Reformer | |
| 7:15 pm | Reformer Foundation | Men Class Mat | Mat Level 2/3 | Reformer Level 3 | Reformer Level 1/2 | |
| 8:30 pm | Reformer Level 2 | Mat Level 1/2 | Mat Level 3 | Men Class Reformer | Private Pilates | |

*Schedule subject to change.

Commit for a **6-week Course** or, our **Money Saving Packages**:

We believe that consistency is key to transform your body, create better movement patterns, rehabilitate injuries and get you stronger & healthier.

Booking is essential. €20 deposit required.

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|-----------------------------------------|---------------------------------------------|------|
| ⊙ Mat Course | 1 mat class per week x 6 weeks | € 93 |
| ⊙ 2 x Mat Package | 2 mat class per week x 6 weeks | €175 |
| ⊙ Reformer Course | 1 Reformer class per week x 6 weeks | €135 |
| ⊙ 2 x Reformer Package | 2 Reformer class a week x 6 weeks | €260 |
| ⊙ 1 x Mat + 1 x Reformer Package | 1 Mat + 1 Reformer classes a week x 6 weeks | €215 |

Drop-in classes offered subject to space availability.

For pay-as-you-go price and info contact studio reception.

Small Groups of Only 6 Participants!

More Individual Attention

Using the best Pilates equipment:
Gratz Pilates Mats

Longer and padded mats including Foot-Straps and Hand-Dowels.

Pilates Allegro® Reformers

Smooth and quiet ride with an extra-wide, padded footbar. Our Allegros can adjust to any body size and fitness level.