

PILATES STUDIO KILDARE

Keep Strong & Healthy

Unit # 3 Claregate St. Kildare Town. Tel: 045-527903 Txt: 087-6674863

Email: info@pilateskildare.com www.pilateskildare.com



April – May 2018 Class Timetable (Subject to change according to demand!)

Time	Class	Studio	Instructor	Course	Mid-Term Break
MONDAY – Starting April 9th					
10:30am	Tower Foundation	A	Anne	7 wks	No class May 7 th
10:30am	Mat Foundation	B	Aoife	7 wks	No class May 7 th
6:00pm	Tower Level 1	A	Aoife	7 wks	No class May 7 th
7:15pm	Men Pilates Mat	B	Aoife	7 wks	No class May 7 th
7:15pm	Reformer Foundation	A	Anne	7 wks	No class May 7 th
8:30pm	Mat Foundation	B	Anne	4 wks	N/A
TUESDAY – Starting April 10th					
10:30am	Tower Level 1	A	Anne	7 wks	No class May 8 th
10:30am	Reformer Level 1	B	Aoife	7 wks	No class May 8 th
11:45am	Reformer Foundation	B	Anne	4 wks	No class May 8 th
6:00pm	Pre-Natal Reformer	B	Aoife	4 wks	N/A
7:15pm	Tower Foundation	A	Anne	7 wks	No class May 8 th
7:15pm	Reformer Foundation	B	Aoife	7 wks	No class May 8 th
8:30pm	Reformer Level 1	B	Aoife	4 wks	
8:30pm	Tower Level 2	A	Anne	7 wks	No class May 8 th
WEDNESDAY – Starting April 11th					
10:00am	Mat Level 2	B	Aisleen	7 wks	No class May 9 th
11:15am	Tower Foundation	A	Aisleen	4 wks	N/A
6:00pm	Tower Level 1	A	Aisleen	7 wks	No class May 9 th
7:15pm	Mat Level 3	B	Anne	7 wks	No class May 9 th
8:30pm	Reformer Level 2	A	Aoife	7 wks	No class May 9 th
8:30pm	Fletcher Floorwork® {NEW}	B	Anne	7 wks	No class May 9 th
THURSDAY – Starting April 12th					
10:30am	Reformer Level 2	B	Aoife	7 wks	No class May 10 th
10:30am	Tower Foundation	A	Aisleen	4 wks	N/A
11:45am	Reformer Foundation	B	Aisleen	4 wks	N/A
6:00pm	Reformer Level 1/2	B	Aoife	7 wks	No class May 10 th
6:00pm	Tower Foundation	A	Aisleen	4 wks	N/A
7:15pm	Tower Level 2/3	A	Aoife	4 wks	N/A
7:15pm	Reformer Level 3	B	Anne	7 wks	No class May 10 th
8:30pm	Reformer Foundation	B	Anne	4 wks	N/A
FRIDAY – Starting April 13th					
10:30am	Tower Foundation	A	Aisleen	4 wks	N/A
10:30	Reformer Level 1/2	B	Aoife	7 wks	No class May 11 th
11:45am	Reformer Foundation	B	Aisleen	4 wks	N/A
7:15pm	Reformer Level 1/2	B	Aoife	7 wks	No class May 11 th
8:30pm	Reformer Level 2/3	B	Aoife	7 wks	No class May 11 th
SATURDAY – Starting April 14th					
9:00am	Reformer Level 1/2	B	Aisleen	7 wks	No class May 12 th
10:15am	Reformer Foundation	B	Aisleen	7 wks	No class May 12 th

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About Our Teaching Team

All our Pilates instructors have gone through extensive **Comprehensive Pilates Teacher Training** programs on all Pilates' apparatus and props.

Understanding the Pilates Method in its entirety, from the **Matwork** through to the **Reformer, Cadillac, Arcs/Barrel** and **Chair** all the way to the use of small props like the **soft Balls & Magic Circle**, make our '**A Team**' (Aoife, Aisleen, Anne) highly qualified Pilates professionals with hundreds of hours of education and teaching experience.

From teaching you the principles and basics of Pilates, to alignment, form and movement, our small group settings allows you to benefit from our instructors knowledge and individual attention.

Spring Term Prices

Mat / Floorwork Classes	
Drop-in Class *	€18
4 wks Course	€65
7 wks Course	€110
Equipment Classes (Tower/Reformer)	
Drop-in Class *	€25
4 wks Course	€95
7 wks Course	€160

* Drop-in classes available for current clients & subject to availability.

Pilates Packages

Mat/Floorwrk Packages	
2 x Mat – 2 classes per week for 4 wks	€125
2 x Mat – 2 classes per week for 7 wks	€210
2 x Mat – 4wks + 7 wks courses	€165
Equipment Packages (Tower/Reformer)	
2 x Equipment – 2 classes per week for 4 wks	€180
2 x Equipment – 2 classes per week for 7 wks	€305
2 x Equipment – 4 wks + 7 wks courses	€240
Combo Packages (Mat/Floorwork & Equipment)	
1 Mat + 1 Equipment – 4 wks	€150
1 Mat/Floorwork + 1 Equipment – 7 wks	€255
1 Mat + 2 Equipment – 4 wks	€210
1 Mat/Floorwork + 2 Equipment – 7 wks	€365

Fletcher Floorwork®



Working with Joe & Clara Pilates for over 20 years **Ron Fletcher** developed a unique style of movement that evolved from the original Body Contrology.

We're delighted to introduce this unique movement class to our studio.

**10% DISCOUNT
ON PRIVATE PILATES
TO ALL GROUP CLASSES
PARTICIPANTS**