



301-952-1111 | 973-498-6955 (fax) | www.pilatespluscenter.com

B Beginner Level **I** Intermediate Level **M** Mixed Level

Group Class Registration Form, Spring 2012

Class	Day/Time	Dates	Fee	Total
<input type="checkbox"/> Free Fundamentals of Pilates B	Tuesday 5:45 p.m.	3/27	Free	
<input type="checkbox"/> Gentle Yoga B	Monday 10:30 a.m.	4/9—6/25	\$170.00	
<input type="checkbox"/> Meditation B	Monday 7:30 p.m.	4/30—5/21	\$60.00	
<input type="checkbox"/> Pilates Circuit I	Tuesday 6:30 p.m.	4/10—6/26	\$300.00	
<input type="checkbox"/> Christian Yogilates I	Tuesday 7:30 p.m.	4/10—6/26	\$170.00	
<input type="checkbox"/> Gentle Yoga B	Wednesday 5:00 p.m.	4/11—6/27	Call for pricing	
<input type="checkbox"/> Cardio Kickboxing/ Body Sculpting M	Wednesday 6:30 p.m.	4/11—6/27	\$180.00	
<input type="checkbox"/> Yoga Strength & Balance I	Wednesday 7:30 p.m.	4/11—6/27	\$190.00	
<input type="checkbox"/> Flow Yoga M	Thursday 4:30 p.m.	4/12-6/28	\$170.00	
<input type="checkbox"/> Roulette I	Thursday 7:30 p.m.	4/12-6/28	\$190.00	
<input type="checkbox"/> Pilates Mat/Stretch Combo w/props M	Friday 10:00 a.m.	4/13—6/29	\$160.00	
<input type="checkbox"/> Yogilates B	Friday 6:30 p.m.	4/13—6/29	\$170.00	
<input type="checkbox"/> Yogilates M	Saturday 8:30 a.m.	4/14—6/30	\$170.00	
<input type="checkbox"/> Pilates Mat/Stretch Combo w/ props M	Saturday 9:45 a.m.	4/14—6/30	\$160.00	





Enrollment Process

Only your payment will reserve your space in class. Registration is first come first serve. No refunds or credits are issued for missed classes. If you pre-plan your absences, with 48 hours notice, we are usually able to offer you a make up class. If you plan to miss class, please submit a make up request form and you will be contacted with options for make up classes. For inclement weather concerns, call the studio 2 hours before your class—if class is cancelled, the recording will be updated.

Registration Options

Mail: Mail a check payable to Pilates Plus Wellness Center, 14400 Old Mill Rd. #201, Upper Marlboro, Maryland, 20772.

Drop Off: Drop your payment off at the studio at anytime; there is a brass mail slot in the door. Please don't leave cash.

Online: Reserve a slot by credit card; visit our website and follow the links to online registration; we accept MCard, Visa and Discover.

Class Discounts

1. If you pay by cash or check, and are currently taking private lessons, a 5% discount on class fees.
2. If you pay by cash or check, and register for multiple classes, take 5% off the lowest priced class.
3. New clients may purchase a single, private Pilates lesson with a 10% discount. Packaged rates remain discounted.

Cardio Kickboxing & Body Sculpting - Kickboxing is a fun total body workout that can increase your strength and agility. You can get a great cardiovascular workout and improve your general strength. Each class will also include a specific toning segment. This class is designed for all fitness levels. Remember to bring your water bottle!

Gentle Yoga - Class is designed for all levels but taught at the most basic level with a strong focus on Yoga Therapy techniques. All classes begin with various footwork exercises and include basic yoga poses and balance postures. Class closes with a relaxation period.

Flow Yoga -- Classes focus on yoga as vehicle for deep relaxation, body awareness, overall wellness and healing. Modifications are provided to accommodate all fitness/skill levels; classes include a relaxation and are 45-60 minutes. Flow Yoga classes are taught at a basic level, so that beginners can succeed; all levels are welcome.

Free Fundamentals of Pilates -- This is a 30 minute class which introduces the fundamentals of Pilates. This class is the cornerstone of all Pilates introducing the breath, concentration, and flow of a class. This is a prerequisite to any Pilates class unless student has had previous studio experience. You must register for this class to reserve a space.

Pilates Circuit - This is an exciting opportunity for students who want to explore the challenge of the Pilates equipment, including the Cadillac, Wunda Chair, Arc Barrel, and Spine and Foot Correctors. Class includes footwork and jumpboard on the reformer. Completion of an eight-week Beginner Mat Class is a pre-requisite to this class. If class is intermediate, completion of a private lesson package is required. If class is beginner, we strongly the \$3/99 special--to prepare for this class! Class is limited to 5 students and is 50 minutes.

Pilates Mat /Stretch Combo - Combines 20 minutes of stretching and 30 minutes of basic Pilates mat work. The Fundamentals of Pilates is a pre-requisite for this class. Often, mat props such as the magic circle, hand weights, and bands are used.

Roulette-With this class, you never know what's coming!!!! This format combines the best of the Pilates Plus group class formats. All classes have some basic Pilates/Reformer Mat exercises and are combined with something different each week, including: Yamuna Body Rolling, Pilates Wunda Chair, and Pilates props, such as Magic Circle, and Hand Weights. If you like the variety of new things, but want the consistency of the Pilates mat work each week, then this format it for you! Try it! It's fun!

Yoga (Strength and Balance) -- Intermediate Level class designed for students who possess a basic foundation of yoga and have had previous hands-on training at the beginner level. A mix of flow yoga, core work, sun salutations and intermediate yoga postures and restorative poses. Class is 75 minutes.

Yogilates - Combines basic Pilates Mat exercises and beginner Yoga poses. All classes start with 10 minutes of stretching and end with relaxation. This class is great for students who want to explore each discipline. The Fundamentals of Pilates is a pre-requisite for this class; private Yoga/Pilates session also recommended. Our Christian Yogilates is an opportunity to Connect to God and yourself through the practice of yoga that is Christ-centered and enjoyed by all denominations. We use Biblical scriptures that are based on themes like Peace, Angels and Trust. Christian Yoga ministry exercises the mind and body while meditating on God's Holy Word—allowing HIS words to enter your heart and transform it.

Zumba - This class is coined as "Ditch the workout, join the party!" This is a cardio blast set to high-energy music. A great workout and great fun!





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