



# FALL 2021 PILATES SCHEDULE

8 WEEKS: SEPT 7 - OCT 30

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am							
7:00 am		Reformer 2 Karen					
8:00 am	Reformer/TRX Kelly B		Reformer 1 Karen				
8:30 am					Basic Plus Kelly B.		
9:00 am	Reformer Karen	Reformer 1 Karen		Basic Plus Kelly L.			
9:30 am					Reformer 1 Kelly B		
10:00 am	Senior Reformer Karen						
10:45 am							
3:30 pm							
6:00 pm	Reformer 1 Karen			Reformer 1 Kelly L.		All classes are 55 minutes. Max 4 clients per class.	

CLASS	Members	Non-Members	Description
<b>PILATES BASIC</b>	\$200	\$240	For those individuals who have limited or no experience on the Reformer and want or need to gain more confidence with the movements before doing Reformer 1.
<b>PILATES BASIC PLUS</b>	\$200	\$240	For those individuals who have successfully completed the Pilates basic work and are working towards entry into Reformer 1 class.
<b>PILATES REFORMER 1</b>	\$200	\$240	For those who are familiar with Reformer Basics. Now you will have challenged resistance at a faster pace, working abs, arms, and legs while stabilizing pelvic and shoulder girdles.
<b>PILATES REFORMER 2</b>	\$200	\$240	Faster paced with higher level exercises requiring substantial core stabilization and coordination.
<b>SENIOR PILATES</b>	\$200	\$240	This class utilizes studio equipment to work on stability, balance, strength and flexibility for active seniors.
<b>20/20/20</b>	\$200	\$240	A fun, challenging workout which incorporate TRX Strength exercises with sculpting movements of barre and full body benefits of Pilates.
<b>TRX/ REFORMER</b>	\$200	\$240	This class offers 30 minutes of TRX Suspension training in combination with 30 minutes on Pilates Equipment.
<b>PILATES PRIVATE TRAINING: REFORMER, CADILLAC, CHARS &amp; BARRELS</b>	See Rate Sheet	See Rate Sheet	Designed for those with injuries, special needs, posture issues, specific fitness goals, or a desire to work on a more private level. The Reformer, Cadillac, Chairs & Barrels and small equipment will be used to improve strength and neuromuscular coordination. Appointment only

### Registration information

- New participants need to discuss class placement with Pilates Coordinator, Karen Goldberg (x323).
- Cash or check: please fill out the Registration Form below and drop it off in person at the front desk with payment or house charge
- All charges will be billed to house account. At first of month, following charges being applied to your account, the balance will be satisfied with preferred payment option on your account. You can make check or cash payment prior to the first of month if do not want charge to this method.
- Session will be billed in half payment. You will be billed at the session beginning and middle. You can always opt to pay in full.
- Make-up classes are allowed on a space available basis with the instructor's permission. Make-ups can only be done during the current session. Instructor must be notified in advance when class will be missed.
- If you are looking for a different day and time, please contact Karen Goldberg at (781) 585-3883, ext. 323 We will add time slots for pre-established groups.
- No refunds will be given after start of the session.

### Registration Form – Kingsbury Club Pilates Classes

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Membership Type:  All Inclusive  Non-Member  
 Payment Option:  Single Payment  Two Payments (available for charge payments only)  
 Payment Method:  House Charge  Check  
 Credit Card Type/Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_