

- antenatal
- postnatal
- cross training
- core conditioning
- full body flexibility

### 2017 AUTUMN TIMETABLE

Mon 25<sup>th</sup> Sept – Sat 9<sup>th</sup> Dec  
(mid-term break Mon 30<sup>th</sup> Oct – Sun 5<sup>th</sup> Nov)

#### Monday

10h00	Mixed Levels	Mat
19h00	Intermediate	Mat
20h00	Beginner	Mat

#### Tuesday

10h00	Mixed levels	Mat
11h00	Beginner	Mat
19h00	Beginner	Mat
20h00	Intermediate	Mat

#### Wednesday

19h00	Pregnancy & Postnatal	Mat
20h00	Pilates for Men	Beginners

#### Thursday

10h00	Intermediate	Mat
11h00	Beginner	Mat
19h00	Beginner	Mat
20h00	All levels	Barre

#### Saturday

10h00	Beginner	Mat
11h00	All Levels	Barre

#### 10 WEEK COURSE PRICES

1 class per week : €130

2 classes per week : €210

3 classes per week : €280

Unlimited classes : €340

#### DROP IN CLASSES

€11 drop in if already booked on a course

€16 drop in if not booked on a course and if spaces available



*Building Beautiful Bendy Bodies™*

## 2017 Autumn Timetable & Booking Form

Monday 25<sup>th</sup> September – Saturday  
9th December

**STUDIO BOOKING FORM**

**PLEASE DETACH AND RETURN TOGETHER WITH YOUR PAYMENT TO:**

Caroline Anderson  
 PILATES LIFESTYLE®  
 Mitchell Street  
 Dungarvan  
 Co. Waterford  
 X35 F763

**STUDIO BOOKING FORM**

NAME	
EMAIL	
MOBILE NUMBER	

**CLASSES FOR WHICH YOU WISH TO BOOK**

DAY		TIME		LEVEL	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	
DAY		TIME		LEVEL	

AMOUNT ENCLOSED €.....

Places will not be guaranteed until full payment is received. Card payments taken in the studio or over the phone. Cheques should be made payable to **Pilates Lifestyle**.



**ESSENTIAL COURSE INFORMATION – PLEASE READ**

- You pay for your place(s) in a class(es) on a particular day at a particular time.
- Places are guaranteed upon receipt of payment.
- Flexibility available for shift-workers. Speak directly to Caroline first.
- Catch up classes available on request within each course period only.
- Courses and classes are **not** transferrable.
- Multiple class courses are valid per individual only.
- Pilates Lifestyle operates as a “Toesock only” studio. Toesocks with grips which separate the toes are required studio footwear. These are available to purchase through the studio.

**DESCRIPTION OF CLASSES**

**Beginner** ...new to Pilates or an eternal beginner, this class promises to tone up your abs (old ones and new ones!), increase your flexibility, improve mobility, strengthen your back and enhance your posture. After each class you will feel relaxed, energized and more toned!

**Intermediate**... building on the foundations taught at beginner level, the exercises become a little more challenging for both mind and body! Speak to Caroline if you are unsure of your level.

**Barre**...Drop a dress size! A fusion of pilates, ballet and dance moves to pop music at the barre, in the centre and on the mat. This class will get your heart rate pumping! An energetic full body workout with awesome stretches in between and after! All levels welcome.

**Pregnancy & Postnatal**... Strengthen your back, tighten your pelvic floor muscles, improve your posture, tone up your body and reduce back pain. Recommended for pregnancy and as a perfect return to exercise for postnatal mothers Pilates holds your body together during pregnancy and puts it back together again afterwards! Treat your body to pregnancy and postnatal pilates – you will be sooo glad you did!

**Men**...is your lack of flexibility preventing you from enjoying activities you love? Pilates = Flexibility. Decrease back, neck, hip, knee & shoulder pain; increase core strength & flexibility. Correcting wrong postures, Pilates will develop a body of balanced strength & flexibility. Benefit from an increased range of movement & endurance and an injury free lifestyle. Perfect for beginners of any age and any level of fitness.

**Reformer**..if you prefer classes on your own, whether for rehabilitation from a specific injury, as an opportunity for assessment or simply as a workout with a difference book a private appointment with Caroline today.

**KEEP UP TO DATE**

**Pilates timetable on your mobile or tablet in just one click**

This simple, 4-step method works for iPhone/iPad, Android and Windows systems. Visit our online timetable and follow the instructions to always have our up-to-date timetable only 1 click away.

**Facebook**

“Like” Pilates Lifestyle on Facebook and stay up to date.