



...building beautiful bendy bodies™

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**2017 GROUP CLASSES SPRING TIMETABLE**  
Monday 24<sup>th</sup> April – Saturday 17<sup>th</sup> June

**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
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**Thursday**

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

**Saturday**

10h00	Beginner	Mat
11h00	All Levels	Barre

**8 WEEK COURSE PRICES (Tue-Sat)**

1 class per week : €105

2 classes per week : €160

3 classes per week : €200

**Mondays only** : 6 weeks @ €80

**DROP IN CLASSES**

€10 drop in if already booked on a course

€15 drop in if not booked on a course and if spaces available

Pregnancy Pilates drop in €13 if 30 weeks

*Building Beautiful Bendy Bodies™*

**2017 Spring Timetable  
& Booking Form**

**Monday 24th April to  
Saturday 17th June**

**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. 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. See studio notice boards for further information
- 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 level promises to tone up your abs (old ones and new ones!!), increase your flexibility, strengthen your back and improve 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**...a fusion of pilates, ballet and dance moves at the barre. Choreographed to music 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, 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! Plus a delicious night’s sleep is guaranteed!! (Well for pregnancy mums anyway ☺)

**Men**..... decrease back, neck and joint pain; increase core strength & flexibility. Correcting wrong postures, Pilates will develop a body of equal 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 an appointment today with Caroline.

**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 (and will be similar for the rest). Visit our online timetable and follow the instructions to always have our up-to-date timetable only 1 click away.

**Facebook**

We use facebook to inform all clients of any changes to the timetable, special offers and all other news.

Please “Like” Pilates Lifestyle on facebook to keep informed. Visit our website for the link.