



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Classes with no registration by  
Thursday, June 1<sup>st</sup> @ noon  
will be cancelled**

**STOTT PILATES**  
**Next Session Begins**  
**Mon June 5<sup>th</sup> – Fri July 14<sup>th</sup>, 2017**  
**Registration starts Wed, May 24<sup>th</sup>**  
*Tentative date for next session is July 17 – Aug 25... Reg. starts July 3<sup>rd</sup>*

**Beginner Level** – Learn 5 basic principles and all the exercises. Everyone must take one session of Beginners.

**Essential Level** – This class moves smoother and is a continual resistance workout. Everyone is required to take at least one session of Essential Plus before moving on, but we recommend you take a few sessions. The “Plus” class introduces you to the “jump board”.

**Essential Plus Level**– This class is the same as the Essential, but introduces you to the “jump board”.

**Intermediate Level** – More advanced exercises encourages a more challenging workout.

**Advanced Level** – Very challenging. We recommend at least 2 years of Intermediate before trying this level. Feel free to come and observe the class before making a decision.

**-Pay per Session**  
2x/wk. = \$30  
\*1x/wk. = \$15  
**-Annual Fee**  
2x/wk = \$20 (monthly bank draft)  
2x/wk = \$240 (paid in full)  
*Automatically signed up for every session with the Bank Draft or Annual Fee*

**Non-Members**  
2x/wk \$60 per session  
1x/wk \$30 per session  
**-Annual Fee**  
2x/wk \$360 (paid in full)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Essential Plus 5:15-6:15am Bruce		Essential Plus 5:15-6:15am Abbie			
Beginner 8:15-9:00am		Beginner 8:15-9:00am			
	Essential Plus/ Advanced 9:15-10:00am Terri		Essential Plus/ Advanced 9:15-10:00am Terri		
Essential Plus 10:15-11:00am Kristen D.		Essential Plus 10:15-11:00am Stephanie			* = 1x a week class
	*Essential Plus 6:30-7:15pm Heidi		*Essential Plus 6:30-7:15pm Abbie		
	Beginners 7:30-8:15pm Heidi		Beginners 7:30-8:15pm Abbie		



**Personal Training also available... Contact Terrill Meier @605-225-4910**  
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