

# PILATES PERFORMANCE

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## SPRING SCHEDULE, 2019 (REVISED)

DETAILED DESCRIPTIONS FOR ALL GROUP CLASS LEVELS ARE AVAILABLE ON OUR WEBSITE. PLEASE CONTACT US IF YOU NEED ASSISTANCE IN CHOOSING A LEVEL THAT IS APPROPRIATE FOR YOU.

PRIVATE AND SEMI-PRIVATE INSTRUCTION ALSO AVAILABLE. PLEASE CONTACT US FOR FURTHER DETAILS AND AVAILABLE TIMES.

PLEASE NOTE THAT ALL INSTRUCTORS TEACH PILATES UNDER THE GUIDELINES SET OUT BY THE PILATES METHOD ALLIANCE.

**MONDAY FIVE WEEKS May 6, 13, June 3, 10, 17**

*4:30pm - 5:30pm Osteo-Core*

*6:15pm - 7:15pm Core Challenge*

**TUESDAY SIX WEEKS May 7, 14, 21, June 4, 11, 18**

*4:30pm - 5:30pm Springboard*

**WEDNESDAY SIX WEEKS May 8, 15, 22, June 5, 12, 19**

*5:15pm - 6:15pm Springboard I*

*6:30pm - 7:30pm Mixed Level*

**THURSDAY SIX WEEKS May 9, 16, 23, June 6, 13, 20**

*5:45pm - 6:45pm Springboard*

**THURSDAY FOUR WEEKS May 9, June 6, 13, 20**

*7:00pm - 8:00pm Power Flow*

**Confirm registration in person at the studio, by e-mail or phone. Registration forms are available on line and required if you are new to the studio. Payment must be received PRIOR TO SESSION STARTING.**

**Cheque must be payable to: MARY PAT HERGOTT (Mailing address above). E-transfers now accepted and must also be sent prior to attending class. Send to:**

**[info.pilatesperformance@gmail.com](mailto:info.pilatesperformance@gmail.com)**

**\*\*\*Please pay close attention to dates and number of weeks for each class/level when making your payment and remember to mark your class dates in your calendar!!!**

**COST \$120.00 (6 WEEKS) \$110.00(5 WEEKS) 80.00 (4 WEEKS)  
\$150.00 (6 WEEKS - SPRINGBOARD)\*\*\*Maximum 6 participants**