

# PilatesforLife

The Tradition and Method of Joseph Pilates

26A Saybrook Road, Essex, CT 06426  
Phone: 860-227-5790 info@inspiredbypilates.com

## January/February 2020 Mat Class Schedule

**Monday** Basic Intermediate 8:30am  
Mixed Level Intermediate 6:00p  
(PM class clients deduct for 1 class if you didn't make up the 12/23 cancellation)

**Tuesday** Beginner class 8am  
(Cancellations on 12/3 and 12/17. Deduct if you didn't make up the classes. The 12/31 class was not in the session fee)

**Wednesday** Advanced Beginner class 6:15pm  
(Deduct for 11/27 cancellation if you didn't make it up)

**Thursday** Beginner Class 6:00 pm

**Friday** Small Barrel Class 9:15am

### Session runs

Monday, January 6th- Saturday, February 29, 2020

### Studio closed:

Monday, January 27- Saturday, February 1

### Mat Session Pricing

Monday 6 weeks/\$114

Tuesday 7 weeks \$133

Wednesday 7 weeks/\$133

Thursday 8 weeks/\$133

Friday Barrel (no session fee)

**For multiple Mat classes, please add class fees & deduct 15%.**

Small Barrel class \$22 registered student

Small Barrel & Mat Class not registered drop in rate \$25

**Extra Class** for registered students and private clients only: \$19

Private Equipment instruction/ one on one \$75/hour

Registration for Small Barrel Classes is on a per class basis and limited to 4 people per class. 48 hour cancellation.

**Registration & Payment due one week prior to start of session**

**Any missed classes must be made up within the session**

Advance Registration Required To Guarantee A Mat

Dropins are happily accommodated if space is available

### Studio Information

Pilates for Life offers the Traditional Pilates Method.

Pilates is alignment based functional exercise that strengthens the abdominal & back muscles, while also improving flexibility, posture and balance.

It is a perfect complement to any other workout or sport. The Traditional Pilates Method offers both matwork and private equipment instruction.

Equipment work includes the Reformer, Cadillac, Wunda Chair, Electric Chair, Arm Chair, Ped-I-Pole, and barrels,

By appointment  
**\$75/hour**

Marlene Powers  
Owner/Instructor  
Certified by  
Romana Kryzanowska  
True Pilates  
NYC

[www.inspiredbypilates.com](http://www.inspiredbypilates.com)

[www.romanaspilates.com](http://www.romanaspilates.com)

Studio #

860-227-5790

Email:

[info@inspiredbypilates.com](mailto:info@inspiredbypilates.com)