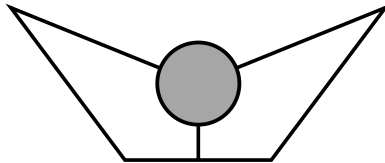


CLASS INFORMATION

INCLUDING TIMETABLE AND BOOKING FORM

PHYSIO PILATES



The Physio & Pilates Centre Limited
Unit 5 · 3 Hawthorn Lane · Wilmslow
Cheshire SK9 1AA

Telephone 01625 252767

Email julia@physiopilates.co.uk
www.physiopilates.co.uk

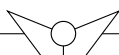
SEPTEMBER 2010

CLASS TIMES

September 2010

Please keep this timetable for reference.

| DAY | TIME | LEVEL | TEACHER |
|------------|-------------|--------------|----------------|
| Monday | 9.45am | 3 – 4 | Julia |
| | 11.00am | 2 – 3 | Julia |
| | 6.15pm | Beg. Course | Jane |
| | 7.25pm | 2 | Jane |
| | 8.30pm | 3 | Jane |
| Tuesday | 9.15am | 2 – 3 | Diane |
| | 1.30pm | 1 – 2 | Jane |
| | 6.00pm | 1 – 2 | Jane |
| | 7.10pm | 3 | Jane |
| | 8.20pm | 4 | Jane |
| Wednesday | 9.45am | 3 – 4 | Diane |
| | 7.00pm | 3 – 4 | Julia |
| | 8.15pm | 2 – 3 | Julia |
| Thursday | 10.00am | 2 – 3 | Lorraine |
| | 6.20pm | 1 – 2 | Pauline |
| | 7.30pm | 2 – 3 | Pauline |
| Friday | 9.15am | 3 – 4 | Diane |
| | 10.30am | 3 | Diane |
| | 12.00pm | 2 – 3 | Pauline |
| | 1.15pm | 1 – 2 | Pauline |
| | 2.30pm | Beg. Course | Pauline |



CLASS LEVEL DETAILS

If you are unsure please ask your current teacher.

Obviously we look at individuals but the levels give you a better guide as to which class to attend.

- **Beginners Course**

Complete beginners' covering basic Pilates principles and exercises.

- **Level 1**

A follow on course from beginners.

- **Level 2**

Follow on beginners to intermediate.

- **Level 3**

Intermediate.

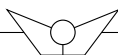
- **Level 4**

Intermediate to advanced.

Depending on underlying problems, you need to have been coming to classes continually for at least one year and know your own variations of certain exercises.

Some of the classes span two levels ie: 2 – 3 or 3 – 4.

We have to do this to have some flexibility (pardon the pun!) to accommodate differing abilities and help you all develop at your own rate.



BOOKING FORM

for Pilates Classes — September 2010

Classes commence week beginning 6th September 2010, a 6 week course. **Cost £57.00.**

Places cannot be held without FULL payment (post-dated cheque – 6th September 2010).

If you miss one of your booked classes you can request to make up that class by attending another time, if there is a space. However, at busy times we may not be able to meet your request. Missed classes **cannot** be carried over to the next course.

PLEASE RETURN YOUR FORM BY 23rd AUGUST 2010. IF YOUR FORM IS NOT RECEIVED BEFORE THAT DATE WE WILL PRESUME YOU DO NOT WISH TO RESERVE A PLACE.

Classes will run with a minimum of 6 persons. In the event of your chosen class not running we will try to offer an alternative class. **No refunds will be made for unattended classes.**

Please detach and return to the address below.

Name

Address

Telephone

Email

Day & time preferred

Payment enclosed £

Please make cheque payable to the individual class teacher (ie: Jane Hall Pilates Ltd., Diane Cook, Lorraine North or Pauline Walsh. For Julia Atherton, please make cheque payable to The Physio and Pilates Centre Limited).

Previous class attended

Please consider your place confirmed unless you hear from us otherwise.

Please return your booking form to:

The Physio & Pilates Centre Limited · Unit 5 · 3 Hawthorn Lane · Wilmslow · Cheshire SK9 1AA

Have a look at our new website: www.ipilates.co.uk