

## MAC FALL 2009 PILATES APPARATUS CLASSES

**November 2 - December 20 (no class Nov. 23 - 29)**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM				<b>Pilates For Men</b> <i>Kerry</i>			
9:00 AM				<b>YogaLates</b> <i>Kerry</i>			
	<b>Reformer</b> <i>Julie</i>			<b>Reformer</b> <i>Hillary</i>		<b>Reformer</b> <i>Hillary</i>	
9:15 AM	<b>Tower/Barre</b> <i>Hillary</i>						
9:30 AM		<b>Tower/Barre</b> <i>Hillary</i>					
10:15 AM			<b>Tower Level II</b> <i>Hillary</i>				
11:00 AM	<b>Pilates For Seniors</b> <i>Kerry</i>		<b>Pilates For Seniors</b> <i>Kerry</i>			<b>Reformer</b> <i>Julie</i>	<b>Pilates for Riders</b> <i>Kerry</i>
11:30 AM			<b>Pilates Sampler</b> <i>Julie</i>			<b>Prenatal Pilates</b> <i>Hillary</i>	
12:15 PM	<b>Pilates Sampler(Beg)</b> <i>Julie</i>		<b>Pilates Sampler</b> <i>Julie</i>				
4:00 PM		<b>Pilates For Teens</b> <i>Hillary</i>		<b>Pilates For Teens</b> <i>Hillary</i>			<b>Pilates Sampler</b> <i>Julie</i>
5:00 PM	<b>Advanced Pilates</b> <i>Mitzi</i>	<b>YogaLates</b> <i>Kerry</i>	<b>Advanced Pilates</b> <i>Mitzi</i>				<b>Pilates Sampler</b> <i>Julie</i>
5:45 PM		<b>Tower Level IV</b> <i>Mitzi</i>		<b>Tower Level IV</b> <i>Mitzi</i>			
		<b>Reformer</b> <i>Kerry</i>					
6:30 PM		<b>Pilates For Men</b> <i>Kerry</i>		<b>Tower/Barre</b> <i>Hillary</i>			
		<b>Pilates Sampler</b> <i>Mitzi</i>		<b>Pilates Sampler</b> <i>Mitzi</i>			

All classes 45 minutes.

Reformer/Other classes require minimum enrollment of 3; maximum of 4 participants.

Tower/Yogalates classes require minimum enrollment of 4; maximum of 7 participants.

Late registrations and drop-ins will be accepted, provided space is available.

Cancellations must be made 48 hours prior to session start date for full refund.

Make up classes are not offered for missed sessions.

### Rates:

Reformer/Other Classes: Members: \$120.00/session, MAC Guests: \$144.00.00/session

Drop in: Members, \$23.00/ class; MAC Guests: \$26.00/class

Tower/YogaLates Classes: Members: \$72.00/session, MAC Guests: \$84.00/session

Drop in: Members, \$14.00/ class; MAC Guests: \$16.00/class

**Contact the MAC Concierge at 364-8800 to register.**

**See reverse for class descriptions.**