

GOUCHER COLLEGE
1021 Dulaney Valley Road
Baltimore, MD 21204

EDUCATE YOUR BODY.
www.goucher.edu/pilates

Comm:10006A/0709



THE *Pilates* CENTER
AT GOUCHER COLLEGE

THE *Pilates* CENTER

AT GOUCHER COLLEGE

The Pilates Center employs extensively trained instructors, each of whom has been certified by Romana Kryzanowska, world-renowned protégé of Joseph Pilates, and Sari Mejia Santo, master teacher, Romana's Pilates®, NYC.

Visit www.goucher.edu/pilates for class descriptions. Please consult your instructor to determine your appropriate level. All new students should register for a Level 1 mat class. Mat classes are not recommended for individuals with serious injuries or health problems.

Visit our website or call **410-337-6469** to register or for more information regarding our policies, procedures, and directions.

Registration is required and due by **December 19, 2009**, after which there is a \$10 late registration fee.

MAT CLASS RATES

WINTER/SPRING 2010

**Tuesday, January 5, through
Thursday, May 20**

Monday, Friday, and Saturday mat classes: \$270 for 18 weeks
Tuesday, Wednesday, and Thursday mat classes: \$285 for 19 weeks

**No mat classes during spring break,
March 13-19**

PRIVATE LESSONS

Individual Pilates apparatus lessons are ongoing and can be scheduled with an instructor, based on availability, for 30 or 55 minutes.

Gift certificates are available for mat classes and private lessons.

Private lesson cards are available at the following rates: \$60, \$58, \$55.

WINTER/SPRING 2010 MAT CLASSES

All mat classes are 45 minutes.

Mondays:

9-9:45 a.m. Level 4/5
12-12:45 p.m. Level 3
1-1:45 p.m. Level 5
5:15-6 p.m. Level 1
6:15-7 p.m. Level 4/5

Tuesdays:

9-9:45 a.m. Level 2
12:30-1:15 p.m. Reformer Mat/
Level 6
3-3:45 p.m. Level 2/3
6:15-7 p.m. Level 3/4
7:15-8 p.m. Level 2

Wednesdays:

9-9:45 a.m. Level 3/4
12-12:45 p.m. Level 1
5:15-6 p.m. Level 2/3
6:15-7 p.m. Level 6
7:15-8 p.m. Level 4

Thursdays:

9-9:45 a.m. Level 1
1:15-2 p.m. Level 2
3-3:45 p.m. Level 4
6:15-7 p.m. Level 3
7:15-8 p.m. Level 1

Fridays:

9-9:45 a.m. Level 3
12-12:45 p.m. Level 6
1-1:45 p.m. Level 4/5

Saturdays:

9-9:45 a.m. Level 3
10-10:45 a.m. Level 2
11-11:45 a.m. Level 1

Withdrawals, Refunds, and Credits:

A withdrawal before the first class will be given a credit or a refund, less a \$25 processing fee. Refunds cannot be given after the start of classes, but credits can be issued upon date of client notification. A credit can be applied only to the next session and is subject to a \$25 fee.

FREE INTRODUCTORY MAT CLASS

and **STUDIO TOUR** for new students:

Saturday, December 12, 12:30 p.m.; Saturday, January 9, 12:30 p.m.;
and Monday, January 11, 7:15 p.m.

Register online at www.goucher.edu/pilates or call **410-337-6531 x.3**.