



# Group Class Registration Form, Spring 2010



**New Format** ←

Class	Day/Time	Dates	Fee	Total
<input type="checkbox"/> A.M. Yoga	Monday 10:00 a.m.	Mar 22 – May 24	\$140.00	
<input type="checkbox"/> Fundamentals of Boot Camp	Monday 6:30 p.m. (30 minutes)	April 5 – May 24 (8 weeks)	\$75.00	
<input type="checkbox"/> Boot Camp	Monday 7:15 p.m.	April 5 – May 24 (8 weeks)	\$120.00	
<input type="checkbox"/> Express Pilates Mat Mixed Level	Tuesday 5:30 p.m. (30 minutes)	Mar 23 – May 25	\$70.00	
<input type="checkbox"/> Pilates Mixed Level Chair	Tuesday 6:30 p.m.	Mar 23 – May 25	\$250.00	
<input type="checkbox"/> Christian Yogilates (Mixed Levels)	Tuesday 7:30 p.m.	Mar 23 – May 25	\$140.00	
<input type="checkbox"/> Pilates Circuit Mixed Level	Wednesday 11:30 a.m.	Mar 24 – May 26	\$250.00	
<input type="checkbox"/> P.M. Yoga w/Relaxation Intermediate Level	Wednesday 7:30 p.m. (75 min class)	Mar 24 – May 26	\$150.00	
<input type="checkbox"/> Flow Yoga Mixed Level	Thursday 4:15 p. m. (45 min class)	Mar 25 – May 27	\$140.00	
<input type="checkbox"/> Flow Yoga Mixed Level	Thursday 6:15 p. m.	Mar 25 – May 27	\$140.00	
<input type="checkbox"/> Pilates Mat Mixed Level	Thursday 7:30 p.m.	Mar 25 – May 27	\$130.00	
<input type="checkbox"/> Pilates Mat Level I/Stretch Combo	Friday 10:00 a.m.	Mar 26 – May 21 (no class on 5/28)	\$120.00	
<input type="checkbox"/> Pilates Mat/Stretch Mixed Levels	Friday 6:15 p.m.	Mar 26 – May 21 (no class on 5/28)	\$120.00	
<input type="checkbox"/> Heart Blossom Meditation	Friday 7:30 p.m.	April, 16, 23, 30 and May 7 (4 weeks)	\$75.00	
<input type="checkbox"/> Yogilates Mixed Levels	Saturday 8:30 a.m.	Mar 27 – May 22 (no class on 5/29)	\$130.00	
<input type="checkbox"/> Boot Camp	Saturday 9:45 a.m.	April 17 – May 22 (6 weeks)	\$90.00	
<input type="checkbox"/> Pilates Mat Mixed Level	Sunday 6:00 p.m.	Mar 28 – May 2 (5 weeks, no class Easter)	\$65.00	
<input type="checkbox"/> Christian Yoga	Sunday 7:00 p.m.	Apr 18 – May 23 (5 weeks, no class Mothers Day)	\$75.00	
<input type="checkbox"/> Fundamentals of Pilates	3/14 4:30 p.m., 3/20 10:15 a.m., 3/28 5:00 p.m.	<b>TELL A FRIEND EARN \$10.00 WHEN THEY JOIN A CLASS</b>	<b>Free!</b>	<b>Registration Required!</b>
<input type="checkbox"/> Fundamentals of Yoga	3/14 5:15 p.m. 3/20 11:00a.m. and 4/18 5:00 p.m.	<b>TELL A FRIEND</b>	<b>Free!</b>	

**PLEASE SELECT A FIRST AND SECOND CHOICE FOR CLASSES. IF THE CLASS YOU SELECT IS FULL, WE WILL PLACE YOU IN SECOND CHOICE CLASS. WE WILL MAKE EVERY ATTEMPT TO HONOR YOUR FIRST CHOICE.**

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Work # \_\_\_\_\_

**Registration Process and Applicable Discounts On Reverse Side**

## Enrollment Process

**Only your payment will reserve your space in class. Registration is first come first serve.** No refunds or credits are issued for missed classes. **If you pre-plan your absences, with 48 hours notice, we are usually able to offer you a make up class.** If you plan to miss class, please submit a make up request form and you will be contacted with options for make up classes. For inclement weather concerns, call the studio 2 hours before your class—if class is cancelled, the recording will be updated.

## Registration Options

**Mail:** Mail a check to **Pilates Plus Wellness Center, 14400 Old Mill Rd. #201, Upper Marlboro, Maryland, 20772.**

**Drop Off:** Drop your payment off at the studio at anytime; there is a brass mail slot in the door. Please don't leave cash.

**Credit Card:** Reserve a slot by credit card. Call the studio at (301) 952-1111. We accept MasterCard or Visa.

## Class Discounts

1. A 5% discount on class fees applies if you are currently under contract for private lessons.
2. A 5% discount applies to multiple class enrollments. The first class is charged at the regular rate and the second class receives a 5% discount. If classes are not of equal value, the discount will be applied to lower rated class.
3. New clients may purchase a single, private Pilates lesson with a 10% discount. Packaged rates remain discounted.

**Boot Camp** –New Format! Let our personal trainer help you get ready for spring by joining our Boot Camp. Tone up, lose weight, or just get in better shape. Learn new exercises you can do at home to speed up the process. A new mix of cardio and muscle sculpting moves to burn calories helps you get fit. Class is 50 minutes; try twice a week!

**Christian Yoga** -- The purpose of this class is for people to connect to themselves and God through the practice of yoga that is Christ-centered and enjoyed by all denominations of believers in Christ. We use Biblical scriptures that are based on themes like Peace, Angels and Trust. The purpose of our Christian Yoga ministry is to exercise the mind and body while meditating on God's Holy Word; allowing HIS words to enter your heart and transform it. Basic yoga postures, poses, and stretches are taught; class is mixed level, but some yoga experience is very helpful.

**Fundamentals of Boot camp** - is a class geared toward weight training beginners. It will provide a basic introduction to the art and style behind a typical Boot Camp class. This is a prerequisite to our boot camp classes. Class is 30 minutes.

**Fundamentals of Pilates and Yoga** – These classes are a review of the essential Pilates Fundamentals (mini exercises) and Yoga fundamentals which are the foundation of all classes we teach. This is a pre-requisite for Pilates Mat Level I and recommended for new Yoga students; classes are 30 min.

**Intro. to the Wunda Chair** – This is one-time introduction to the classic low Wunda Chair; a great way to gain experience on the equipment. You will learn basic standing, seated, and supine exercises which will prepare you to join a chair class or just learn more about the chair.

**Flow Yoga** – Standard yoga poses and postures are taught with an emphasis on the Flow versus holding postures for an extended time. This class is taught at the basic level so that beginners can succeed, but all levels are welcome. Class is 60 minutes and includes relaxation.

**Pilates Circuit Mixed Level**-- This is an exciting opportunity for students who want to explore the challenge of the Pilates equipment, including the Cadillac, Wunda Chair, Arc Barrel, and Spine and Foot Correctors. Completion of an eight-week Beginner Mat Class is a pre-requisite to this class. Completion of a private lesson package is strongly recommended—to prepare for this class, try the \$3/99 special! Class is limited to 5 students and is 50 minutes.

**Pilates Mat Level I/Stretch Combo** – This class combines 20 minutes of stretching and 30 minutes of basic Pilates mat work. This class is 50 minutes. The Fundamentals of Pilates is a pre-requisite for this class. Mixed level classes consist of classic mat only with props such as magic circle, hand weights, and bands.

**Pilates Chair Level I and Level II**– These classes combines the classical mat work and generally 30 minutes of either Level I or Level II Chair exercises. Classes are 50 min. and are limited to 5 students. The Fundamentals of Pilates and a 10-week mat class are pre-requisites for this class.

**Pilates Mat Level I EXPRESS** -- This class is the classical Pilates mat work—a full workout, from the Hundred to Push Up! This class is 30 minutes, so the flow and tempo of this class is quick! The Fundamentals of Pilates is a pre-requisite completion of a Pilates Mat Level I class or private lesson is suggested.

**Pilates Mat Level II w/Magic Circle** – This class is a the classical Pilates mat work including Level II mat exercises, such as roll over and spine twist. This class is taught using the magic circle for added challenge. Completion of a level I mat class is required and private lesson experience is helpful but not mandatory. Take your mat work to the next level with this class!

**Heart Blossom Meditation (HBM)** – In this four-week block of sacred Heart Blossom Meditation sessions, he'll guide you through a simple breathing and unconditional acceptance practice that will help you to completely open your heart chakra. The heart chakra acts as the balance point for all the chakras. It governs our relationships and how we interact with other people. A balanced heart chakra is expressed in acceptance of self and others, personal values and ethics, following one's unique direction in life

**Yoga (A.M.)** – -A well-rounded yoga practice designed to incorporate the ancient insights of yoga into today's mainstream wellness. Classes focus on yoga as a vehicle for deep relaxation, body awareness, overall wellness and healing. Modifications are provided to accommodate all physical fitness and skill levels; includes a relaxation and is 60 mins.

**Yoga**-- (P.M.) Intermediate Level This class is designed for students who possess a basic foundation of yoga and have had previous hands-on training at the beginner level. A mix of flow yoga, core work, sun salutations and intermediate yoga postures and relaxation.

**Yogilates** – This class combines basic Pilates Mat exercises and beginner Yoga poses. All classes start and end with 10 minutes of stretching and a relaxation. This class is great for students who want to explore each discipline! The Fundamentals of Pilates is a pre-requisite for this class; private Yoga/Pilates session also recommended. This class is also offered in the Christian Yogilates format.