



OCT 2009 Group Reformer Classes

GULF Coast PILATES

changing lives by training mind and body

NAME _____

Total prepaid classes _____ \$ _____

Contact # _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 9am	3 Mat & Ring workshop
4	5 9am	6 9am-ROLLER Mixed level	7 10am 6pm	8 LAST DAY TO PREPAY	9 9am	10
11	12 9am	13 9amROLLER Arms'n Abs	14 10am 6pm	15	16 CLOSED	17
18	19 9am	20 9am-ROLLER Mixed level	21 10am 6pm	22	23 9am	24
25	26 9am	27 9am-ROLLER Advanced w/mods	28 10am 6pm	29	30 9am	31 Mat & Band workshop

- ◆ Circle the class you wish to reserve, pre-pay on or before the "last day to pay" date.
- ◆ REFORMER Group class fees: \$25 prepaid, \$30 drop-in
- ◆ NO MAKE-UPS or REFUNDS for PREPAID group classes
- ◆ If only one reserved in class, half-hour private offered