

## Sedona Pilates & Fitness Studio Calendar Effective January 1, 2008

	Mon	Tues	Wed	Thu	Fri
7 – 8	Reformer Class	Reformer Class	Reformer Class	Reformer Class	Reformer Class
8 – 9	<i>Step Class</i>	<i>Circuit Class Reformer</i>	<i>Step Class</i>	<i>Circuit Class Reformer</i>	<i>Toned &amp; Fit</i>
9 – 10		Mat Class Intermediate		Mat Class Intermediate	
10 – 11		<i>Reformer Class</i>		<i>Reformer Class</i>	
11 – 12	Reformer Class		Reformer Class		Reformer Class
3 – 4	<i>Reformer Class</i>		<i>Reformer Class</i>		
3:30 – 4:30		Reformer Class		Reformer Class	
4 – 5	<i>Reformer Class</i>		<i>Reformer Class</i>		<i>Reformer Class</i>
4:30 – 5:30		Reformer Class		Reformer Class	Reformer Class
5:30 – 6:30		<i>Reformer Class</i>		<i>Reformer Class</i>	<i>Reformer Class</i>

<p><b>*Reformer/Studio Requirements:</b></p> <ul style="list-style-type: none"> <li>■ 10 Private Reformer lessons required before joining group classes</li> <li>■ Must sign up in advance for Reformer Classes. Limited to 3-4 people.</li> <li>■ Socks must be worn at all times.</li> <li>■ We accept cash or checks.</li> <li>■ Schedule subject to change.</li> </ul>	<p><b>Fees:</b></p> <p><b>Fitness Class:</b></p> <ul style="list-style-type: none"> <li>■ 1 Month – \$70, 1 class - \$15</li> </ul> <p><b>Pilates Reformer:</b></p> <ul style="list-style-type: none"> <li>■ Private Lesson - \$70; Private package of 10 - \$650</li> <li>■ Semi-Private (limited to 2 people) - \$40 each; Package of 10 - \$350 each</li> </ul> <p><b>Reformer Class (3 - 4 people):</b></p> <ul style="list-style-type: none"> <li>■ \$25 per class (\$30 if only 1 person attends)</li> <li>■ Package of 10 - \$200</li> </ul>
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**Location: 2301 W. HYW 89A, in Chimney Rock Square, Suite 106.** Corner of 89A and Shelby Drive in West Sedona. Next to Dahl & DiLuca restaurant; across 89A from Safeway. Parking in front (off 89A) and rear (off Shelby Drive).

Call (928) 821-3929 to schedule Reformer Classes.  
Schedule online at [www.SedonaPilatesStudio.com](http://www.SedonaPilatesStudio.com)