

# BLS FALL 2018 Session

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September 4, 2017 to December 19, 2018

Time	Monday	Tuesday	Wednesday	Thursday	NOTES:
AM	<b>Pilates Mat</b> All Levels  10-11 am	<b>GROUP REFORMER</b>  10 -11 am	<u>Privates</u> Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	<b>GROUP REFORMER</b>  10-11 am	<b>Studio Closed:</b> Oct 5-8 Thanksgiving Holiday
		Privates		<b>Forever Fit</b> 11:05-11:55 am	
PM	Privates  Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	Privates  Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	Privates  Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	Privates  Personal Training Pilates Reformer Stability Chair Nutrition Consultations Coaching	
		<b>Group REFORMER</b> 4-5 pm	<b>REFORMER With Small Equipment</b> 4-5 pm		
EVENING	<b>Group REFORMER</b> 6-7 pm	<b>Pilates Mat</b> All Levels  6-7 pm	<b>Yoga With Gabrielle</b>  6-7:15 pm	<b>Body Sculpt</b> 6-7 pm	

## **Fee Schedule Fall Session 2018**

All classes run on a class pass system for payment. Cash or Cheque is accepted for all purchases. Passes may be purchased at any time.

Classes must be booked in advance by email, phone or text message to secure your spot in the class.

**Cancellations** must be received **24 hrs. in advance**. Otherwise, class payment will be taken off your class pass.

### **Yoga/Pilates Mat/Body Sculpt**

<b>Group</b>	<b>5 Class PASS</b>	<b>\$ 87.00</b>	<b>\$17.40 ea. class</b>
	<b>10 Class PASS</b>	<b>\$160.00</b>	<b>\$16.00 ea. class</b>
	<b>Drop in</b>	<b>\$ 20.00</b>	<b>ea. class</b>

### **Private (60 min)**

	<b>5 Class PASS</b>	<b>\$ 370.00</b>	<b>\$ 74.00 ea. class</b>
	<b>10 Class PASS</b>	<b>\$ 720.00</b>	<b>\$ 72.00 ea. class</b>
	<b>Single Class</b>	<b>\$ 77.00</b>	

### **Reformer/Stability Chair/Tower Trainer (60 min)**

<b>Group</b>	<b>5 Class PASS</b>	<b>\$ 120.00</b>	<b>\$ 24.00 ea. class</b>
	<b>10 Class PASS</b>	<b>\$ 220.00</b>	<b>\$ 22.00 ea. class</b>
	<b>Drop in</b>	<b>\$ 27.00</b>	<b>ea. Class</b>

### **Private (60 min)**

	<b>5 Class PASS</b>	<b>\$ 375.00</b>	<b>\$ 75.00 ea. class</b>
	<b>10 Class PASS</b>	<b>\$ 720.00</b>	<b>\$ 72.00 ea. class</b>
	<b>Single Class</b>	<b>\$ 77.00</b>	<b>ea. Class</b>

### **Forever Fit**

<b>Group</b>	<b>5 Class PASS</b>	<b>\$ 80.00</b>	<b>\$ 16.00 ea. class</b>
	<b>10 Class PASS</b>	<b>\$ 150.00</b>	<b>\$ 15.00 ea. class</b>
	<b>Drop in</b>	<b>\$ 18.00</b>	

**Holiday: Studio Closed** Oct. 5-8 Thanksgiving Weekend