

niwot pilates studio

(BALANCE + FLEXIBILITY + STRENGTH)

	Reformer Class	Mat Class	Privates	Semi-Private
One class	\$24	\$15	\$55	\$30
Five classes	\$110	\$70	\$270	\$145
Ten classes	\$200	\$135	\$530	\$285

- Summer prices begin June 1, 2009 and must be purchased by September 1, 2009
- Appointments must be paid for prior to their commencement
- Appointments and packages cannot be transferred to other clients
- Cancellations must be made 24 hours or more in advance to avoid being charged
- All sales are final

Introductory “Testing the Water” Package:

3 Reformer Privates: \$96

3 Mat Privates: \$50

(one time only)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 – 10:00 am Int/Adv Reformer with Melony</p>	<p>8:00 – 9:00 am Reformer for Athletes with Becky</p>	<p>8:30 – 9:00 am Short & Sweet! Advanced 1/2 hour Power Reformer with Melony</p>	<p>9:00 – 10:00 am Int/Adv Reformer with Melony</p>	<p>8:00 – 9:00 am Int Reformer with Melony</p>	<p>10:00 – 11:00 am All Levels Reformer with Melony</p>
<p>11:00 – 12:00 pm Advanced Lower Body & Abs with Melony</p>	<p>9:00 – 10:00 am Int/Adv Reformer with Melony</p>	<p>9:00 – 10:00 am Int/Adv Reformer with Melony</p>	<p>10:00 – 11:00 am Int Reformer with Melony</p>	<p>9:00 – 10:00 am Advanced Lower Body & Abs with Melony</p>	<p>3:30 – 4:30 pm Int/Adv Reformer with Melony</p>
<p>5:00 – 6:00 pm Beginner Reformer with Becky</p>	<p>10:00 – 11:00 am Int Reformer with Melony</p>	<p>10:00 – 11:00 am All Levels Stretching with Melony</p>	<p>12:00 – 1:00 pm Mat with Becky</p>	<p>10:00 – 11:00 am Int Reformer with Melony</p>	
<p>6:00 – 7:00 pm Beg/Int Reformer with Cindy</p>	<p>12:00 – 1:00 pm Beginner Reformer with Becky</p>	<p>6:00 – 7:00 pm Mat with Becky</p>			
	<p>4:30 – 5:30 pm Int/Adv Reformer with Melony</p>				

Classes are not drop-in. Please call to reserve your place in a class.

303.652.1300