

# Pilates Winter 2011

Please book your place in advance.

Price per class if paid in advance: OAPs/Gym Members £6.50, Non members £9.00  
Price per class if paying on the day: £10 per class (no concessions)

Please select which classes you wish to reserve a place in – max 10 people per class

## 17, 18, 19, 20 October

Mon  17.00-18.00  
Tues  17.30-18.30  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 24, 25, 26, 27 October

Mon  17.00-18.00  
Tues  17.30-18.30  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 31, 1, 2, 3 November

Mon  17.00-18.00  
Tues  17.30-18.30  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 7, 8, 9, 10 November

Mon  17.00-18.00  
Tues  17.30-18.30  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 14, 15, 16, 17 November

Mon  17.00-18.00  
Tues  17.30-18.30  18.45-19.45  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 21, 22, 23, 24 November

Mon  17.00-18.00  
Tues  17.30-18.30  18.45-19.45  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 28, 29, 30, 1 December

Mon  17.00-18.00  
Tues  17.30-18.30  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

## 5, 6, 7, 8 December

Mon  17.00-18.00  
Tues  17.30-18.30  
Weds  18.30-19.30  
Thurs  09.30-10.30  10.45-11.45

Name: \_\_\_\_\_ Phone No. \_\_\_\_\_

Total No. Classes Member/OAPs: \_\_\_\_\_ x £6.50 = \_\_\_\_\_

Total No. Classes Non-member: \_\_\_\_\_ x £9.00 = \_\_\_\_\_

Extra payments for Coffee etc \_\_\_\_\_ Total = \_\_\_\_\_

Cheques payable to Suzanne Young, or direct bank transfer to HSBC, Douglas 40.19.38 42504081 (you must let Suzanne 465115 [pilates@manx.net](mailto:pilates@manx.net) know if you are transferring money). Return your completed form to Suzanne Young, Pilates Teacher, The Gym, Victoria Buildings, Parliament Street, Ramsey, IM8 1AX.

Please contact Suzanne if you are unsure which class is more suitable or if you are new and want to attend a Beginners Workshop or have a 121 before joining the class. Spaces limited to 10 people and are often booked in advance all equipment is provided.

CLASSES