



# QUALITY FITNESS

For Your Quality of Life  
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## PAGE 2 RATES FOR PREMIUM PILATES CLASSES

**Premium Pilates Reformer Classes** are taught by Pilates instructor, June Quick, PT. She is exceptionally qualified to help you find your best posture, breathing patterns and proper movement patterns.

Classes are held at 4:00pm on Tuesdays and Thursdays *ONLY*. You are invited to pre-register for the basic class on Tuesdays and/or the more advanced class on Thursdays. Classes are limited to 4 participants. You will receive 55 minutes of instruction on Reformers. Full body **gentle** workout to include: upper, middle and lower core strengthening, allowing movement from the "inside out" which helps with posture and proper biomechanics of movement to improve performance and prevent injuries. Workouts will focus on learning the basic principles of Pilates; starting with the FUNdamentals for warm-up and then progressing to strengthening the core including movements into full stretches to improve flexibility.

### Drop-In Rate for PREMIUM Pilates Classes

No membership required.

#### *Pilates Reformer FUNdamentals* 4:00pm Tues/Thurs

1 Premium Class – drop-in	\$30
4 Premium Classes – drop-in	\$100 (\$25 each)
8 Premium Classes – drop-in	\$160 (\$20 each)

*Washington State sales tax added to prices; 3-month expiration. No refunds.*

### Member's Rate for PREMIUM Classes

Members receive a discount for Premium Pilates Classes. ANY membership qualifies.

#### MEMBERS ONLY rates *Pilates Reformer FUNdamentals* 4:00pm Tues/ Thurs

- 1 Premium Class – member \$20
- 4 Premium Classes – member \$60 (\$15 each)
- 8 Premium Classes – member \$96 (\$12 each)

*Washington State sales tax added to prices; 3-month expiration. No refunds.*

Rate Schedule Effective October 1, 2011 Subject to change with appropriate notice.