



JANUARY 2010

SYMMETRY

pilates studio

511 East Gay Street • West Chester PA • 19380

610.431.8990

symmetrypilatesstudio.com

“WINNER OF BEST PILATES STUDIO 2009” MAIN LINE TODAY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>SATURDAY, JANUARY 23 8:30-10:30 Pilates for Golf Clinic (max 10 clients)</p> <p>Introductory price \$49 *dvd included</p> <p>Experience Pilates techniques for on and off the course Learn a simple 10-minute injury-prevention warm-up Try exercises and stretches specific to the swing Apply Pilates techniques to putting Get a DVD to take home for continued practice</p> <p>REGISTRATION REQUIRED</p> <p>Don't miss out! Contact Symmetry at 610.431.8990 or symmetry@symmetrypilatesstudio.com to register</p>					<p>studio closed</p>	<p>9a - Pilates Fusion</p> <p>10a-PILATES MACHINE</p> <p>11a-PILATES MACHINE</p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>4</p>	<p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p>5</p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p>6</p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p>7</p>	<p>9a- PILATES MACHINE</p> <p>8</p>	<p>9a - Pilates Fusion</p> <p>10a-PILATES MACHINE</p> <p>11a-PILATES MACHINE</p> <p>9</p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>11</p>	<p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p>12</p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p>13</p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p>14</p>	<p>9a- PILATES MACHINE</p> <p>15</p>	<p>9a - Pilates Fusion</p> <p>10a-PILATES MACHINE</p> <p>11a-PILATES MACHINE</p> <p>16</p>
<p>Pilates Mat Teacher Training</p> <p>Initiation 101 Pilates Mat Saturday/Sunday January 30/31 10a-6p</p> <p>Initiation 201 Standing Pilates Saturday/Sunday February 20/21 10a-6p</p> <p>contact physicalmind institute to register: themethodpilates.com</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>Martin Luther King, Jr. Day 18</p>	<p>6p- PILATES MACHINE</p> <p>• 6p- CHAIR</p> <p>7p- PILATES MACHINE</p> <p>19</p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p>20</p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p>21</p>	<p>9a- PILATES MACHINE</p> <p>22</p>	<p>830a - GOLF CLINIC</p> <p>9a - Pilates Fusion</p> <p>11a - Fundamentals of Pilates</p> <p>10a-PILATES MACHINE</p> <p>11a-PILATES MACHINE</p> <p>• 12p- Pilates Mat 23</p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>25</p>	<p>6p- PILATES MACHINE</p> <p>• 6p- CHAIR</p> <p>7p- PILATES MACHINE</p> <p>26</p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p>27</p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p>28</p>	<p>9a- PILATES MACHINE</p> <p>29</p>	<p>9a - Pilates Fusion</p> <p>10a-PILATES MACHINE</p> <p>11a-PILATES MACHINE</p> <p>• 12p- Pilates Mat</p> <p>30</p>
<p>Pilates Machine Sessions 8am-8pm Monday-Thursday • 8am-5pm Friday • 10am-12pm Saturday</p>						

PILATES MACHINE SESSIONS

*Appointments are **required** for all machine sessions

***Package rates must be used in a 6 month period. no exceptions. no refunds.**

***24hr cancellation required for all machine sessions ---*Full session fee will be charged for cancellations less than 24hrs**

***all clients must have a minimum of 1 evaluation session and 1 private session before attending any duet, triplet or group pilates machine session**

PILATES MACHINE sessions (55 min)

EVALUATION	\$55/\$47 student includes posture analysis, flexibility test and review of Pilates Fundamentals		
PRIVATE	\$65/\$55 student	10 sessions \$585/\$497 student	VALID 6 months from date of purchase
*DUET	\$40/\$34 student	10 sessions \$360/\$304 student	VALID 6 months from date of purchase
TRIPLET	\$30/\$25 student	10 sessions \$270/\$230 student	VALID 6 months from date of purchase

PILATES EQUIPMENT classes (55 min)

Reformer & Tower class	\$30/\$25 student	10 sessions \$270/\$230 student	VALID 6 months from date of purchase
NEW.... Chair class	(\$30) 25/(\$25) \$20 student	10 sessions (\$270) \$225/(\$230) \$195 student	VALID 6 months from date of purchase

PILATES MAT CLASSES

Drop-in cost	\$15 /\$13 student	
10 sessions	\$120/\$102 student	(lasts for 3 mths from date of purchase)
8 sessions	\$90 /\$76 student	(1 per week for 8 week session)

*mat rental \$1 (free for 1st time students)

***Package rates must be used within time allotment. no exceptions. no refunds.**

PRIVATE PILATES MAT	\$55 per person
SEMI-PRIVATE MAT	\$30 per person
<i>call to schedule</i>	

Pilates Mat

Monday 6pm(Laura) Thursday 6pm(Stacey) Saturday 12p (Stacey) ALL LEVELS

Pilates emphasizes proper alignment of the body, a focused mind and correct breathing. This non-impact movement is designed to increase flexibility, strengthen and balance muscles, improve posture and tone the body. Deep core muscles are activated and strengthened, the spinal column is lengthened and decompressed and the body exhibits greater balance, coordination, longer and leaner musculature, and ease of movement. Props, balls and rings are used.

Pilates Fusion

Pilates/Yoga

Wednesday 6pm(Stacey) Saturday 9am(Cate)

ALL LEVELS

Pilates Fusion combines the core strength training and muscle toning of Pilates with the flexibility, meditative and weight loss elements of Yoga. Both practices involve attaining specific postures and poses, correct breathing, and meditative mindfulness. The combination creates a strong, streamlined body, leaving you feeling taller, leaner, and with a deep sense of health and well being. Pilates Fusion can be for beginners or those who have previously practiced either Pilates or Yoga.

SATURDAY, JANUARY 23 8:30-10:30 Pilates for Golf Clinic

Don't miss out. Contact Symmetry at 610.431.8990 or symmetry@symmetrypilatesstudio.com to register.

Maximum 10 participants.

Fundamentals of Pilates

Saturday JANUARY 23 11a (Stacey)

BEGINNER

Intro Class :This class will introduce the language and fundamentals of the Pilates method; focusing on Pilates breathing technique, core engagement, pelvic mobility and stability. This workshop is perfect for those who have not yet been introduced to the benefits of the Pilates method or for those who are seeking to refresh their knowledge in the fundamentals of one of the greatest fitness regiments ever designed.

A class will be offered once a month.

**PAYMENT FOR ALL CLASSES/SESSIONS
CASH AND CHECK ONLY**

WALK-INS welcome

GIFT CERTIFICATES AVAILABLE

ALL LEVELS welcome

instruction given to all to deepen or modify your posture