

**“WINNER OF BEST PILATES STUDIO 2006 and 2009”** MAIN LINE TODAY MAGAZINE

# SYMMETRY

pilates studio

511 East Gay Street • West Chester PA • 19380

610.431.8990

symmetrypilatesstudio.com

# JULY



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p><b>Student Teacher Pilates Machine Sessions</b></p> <p><b>only \$25</b> (reg \$45) *for a limited time only</p> <p><b>CALL TODAY TO MAKE YOUR APPOINTMENT</b></p> <p><b>TIME IS RUNNING OUT...</b></p> <p><b>DON'T MISS THIS OPPORTUNITY</b></p>	<p>FOR THE ENTIRE MONTH OF JULY</p> <p>BRING A FRIEND TO ANY MAT CLASS AND YOU GET IN FOR <b>FREE!</b></p>			<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>1</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>2</b></p>	<p>9a - Pilates Fusion</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;"><b>3</b></p>
	<p>studio closed</p> <p style="text-align: right;"><b>5</b></p>	<p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>6</b></p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>7</b></p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>8</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>9</b></p>	<p>9a - Pilates Fusion</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;"><b>10</b></p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p style="text-align: right;"><b>12</b></p>	<p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>13</b></p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>14</b></p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>15</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>16</b></p>	<p>9a - Pilates Fusion</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;"><b>17</b></p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p style="text-align: right;"><b>19</b></p>	<p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>20</b></p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>21</b></p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>22</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>23</b></p>	<p>9a - Pilates Fusion</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;"><b>24</b></p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p style="text-align: right;"><b>26</b></p>	<p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>27</b></p>	<p>9a- PILATES MACHINE</p> <p>6p - Pilates Fusion</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>28</b></p>	<p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>29</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>30</b></p>	<p>9a - Pilates Fusion</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;"><b>31</b></p>
<p><b>Pilates Machine Sessions 9am-8pm Monday-Thursday • 9am-5pm Friday • 10am-12pm Saturday</b></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	<b>\$55</b> •\$47 student•senior	includes posture analysis, flexibility test and review of Pilates Fundamentals	
PRIVATE	<b>\$65</b> •\$55 student•senior	<b>10 sessions \$585</b> •\$497 student•senior	<b>VALID 6 months from date of purchase</b>
DUET	<b>\$40</b> •\$34 student•senior	<b>10 sessions \$360</b> •\$304 student•senior	<b>VALID 6 months from date of purchase</b>
TRIPLET	<b>\$30</b> •\$25 student•senior	<b>10 sessions \$270</b> •\$230 student•senior	<b>VALID 6 months from date of purchase</b>
PILATES MACHINE classes (55 min)			
Machine classes	<b>\$30</b> •\$25 student•senior	<b>10 sessions \$270</b> •\$230 student•senior	<b>VALID 6 months from date of purchase</b>
Apprentice Teacher PILATES MACHINE sessions (55 min)			
EVALUATION	<b>\$30</b> •\$25 student•senior		
PRIVATE	<b>\$40</b> •\$35 student•senior	<b>10 sessions \$360</b> •\$304 student•senior	<b>VALID 6 months from date of purchase</b>
*DUET	<b>\$30</b> •\$25 student•senior	<b>10 sessions \$270</b> •\$230 student•senior	<b>VALID 6 months from date of purchase</b>

**STUDENT TEACHER PILATES MACHINE sessions ONLY \$25....limited time only**  
**call to make an appointment today**

## PILATES MAT CLASSES

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

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

**DROP-INS welcome**

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

**ALL LEVELS welcome**  
*instruction given to all to deepen or modify your posture*

<b>Pilates Mat</b>	Monday 6pm (Laura) Thursday 6pm (Stacey)	<i>ALL LEVELS</i>
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.		
<b>Pilates Fusion</b>	Pilates/Yoga Wednesday 6pm (Stacey) Saturday 9am (Cate)	<i>ALL LEVELS</i>
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.		

FOR THE ENTIRE MONTH OF **JULY** BRING A FRIEND TO ANY MAT CLASS AND **YOU** GET IN FOR **FREE!**

**PAYMENT FOR ALL CLASSES/SESSIONS... CASH OR CHECK ONLY**  
**GIFT CERTIFICATES AVAILABLE**