

Belly Dancing and Pilates Reformer Class Schedules



Effective 3/17/10

Monday			
Time	Code	Class	Location
11:35-12:35am	3818	Pilates Reformer I	Studio 1
8:40-9:40pm	3829	Pilates Reformer IV	Studio 1

Friday			
Time	Code	Class	Location
8:05-9:05am	3825	Pilates Reformer I	Studio 1
7:00-8:00pm	3594	Belly Dancing IV T	Studio 1

Tuesday			
Time	Code	Class	Location
8:05-9:05am	3820	Pilates Reformer I	Studio 1
11:45am-12:45pm	3824	Pilates Reformer I	Studio 1
7:40-8:40pm	3822	Pilates Reformer I	Studio 1
7:40-8:40pm	3586	Belly Dancing I	Studio 1
8:40-9:40pm	3590	Belly Dancing II	Studio 1

Saturday			
Time	Code	Class	Location
12:00-1:00pm	3592	Belly Dancing III	Studio 1
1:00-2:00pm	3830	Pilates Reformer I	Studio 1

Wednesday			
Time	Code	Class	Location
8:15-9:15am	3823	Pilates Reformer I	Studio 1
11:40am-12:40pm	3587	Belly Dancing I	Studio 1
4:20-5:20pm	3821	Pilates Reformer I	Activity Rm
5:20-6:20pm	3819	Pilates Reformer I	Activity Rm
7:30-8:30pm	3591	Belly Dancing III T	Studio 2
8:35-9:35pm	3593	Belly Dancing III C	Studio 1

Sunday			
Time	Code	Class	Location
12:30-1:30pm	3585	Belly Dancing I	Studio 1
1:30-2:30pm	3589	Belly Dancing II	Studio 1
2:30-3:30pm	3595	Belly Dancing IV T	Studio 1
3:30-4:30pm	3596	Belly Dancing IV C	Studio 1

Thursday			
Time	Code	Class	Location
7:35-8:35pm	3826	Pilates Reformer III	Studio 1
7:35-8:35pm	3588	Belly Dancing I	Studio 1
8:40-9:40 pm	3597	Belly Dancing II	Studio 1

*Private Pilates Sessions and Duets available by appointment

Private

Code	Time	Price
Line 370	1 hour	\$65/\$85
Line 371	3 hours	\$175/\$230
Line 372	6 hours	\$385/\$435
Line 373	9 hours	\$495/\$690
Line 374	12 hours	\$660/\$870

Duet

Code	Time	Price
Line 375	1 hour	\$52/\$68
Line 376	3 hours	\$140/\$184
Line 377	6 hours	\$308/\$348
Line 378	9 hours	\$396/\$552
Line 379	12 hours	\$528/\$696

Class Descriptions:
<p>Pilates Reformer: This class uses a sophisticated piece of equipment that utilizes springs of resistance, pulleys and straps to provide a complete body workout. The curriculum is designed for levels of progression from beginners to elite athletes. Progress is made on instructor approval, student progress and space availability. Class Price: \$130 members \$195.00 non members</p>
<p>Belly Dancing: Burn up to 500 calories! Feel beautiful, get in shape and have fun. Belly Dance is the oldest recorded dance form in humanity and is a great way to exercise and explore a beautiful art form. Ideal for beginners through advanced dancers, the program is structured in four progressive levels. Most students begin at Level 1. Class Price: \$46.00 members \$92.00 non members. Guest fee - \$10 per class</p>

updated 3/9/2010