

October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 7a Group Reformer (Intermediate [†]) [Patrick] 9a Hatha Yoga Level 1 [Joy] 11a TRX/Mat Combo (Intermediate [†]) [Kitty]	2 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	3
4 7p Matwork (All levels) [Patrick]	5 12p Group Reformer (All levels) [Patrick]	6 530p 30 Min Jumpboard [Leslie] 6p TRX/Mat Combo (Intermediate [†]) [Leslie] 7p Group Reformer (All levels) [Kitty]	7 6p Hatha Yoga Level 1 [Joy] 7p Hatha Yoga Level 2 [Joy]	8 7a Group Reformer (Intermediate [†]) [Patrick] 9a Hatha Yoga Level 1 [Joy] 11a TRX/Mat Combo (Intermediate [†]) [Patrick]	9 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	10 Practice Strength Support Group 9a
11 7p Matwork (All levels) [Patrick]	12 12p Group Reformer (All levels) [Patrick]	13 530p 30 Min Jumpboard [Kitty] 6p TRX/Mat Combo (Intermediate [†]) [Kitty] 7p Group Reformer (All levels) [Kitty]	14 6p Hatha Yoga Level 1 [Joy] 7p Hatha Yoga Level 2 [Joy]	15 7a Group Reformer (Intermediate [†]) [Patrick] 9a Hatha Yoga Level 1 [Joy] 11a TRX/Mat Combo (Intermediate [†]) [Kitty]	16 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	17
18 7p Matwork (All levels) [Patrick]	19 12p Group Reformer (All levels) [Patrick]	20 530p 30 Min Jumpboard [Kitty] 6p TRX/Mat Combo (Intermediate [†]) [Kitty] 7p Group Reformer (All levels) [Kitty]	21 6p Hatha Yoga Level 1 [Joy] 7p Hatha Yoga Level 2 [Joy]	22 7a Group Reformer (Intermediate [†]) [Patrick] 9a Hatha Yoga Level 1 [Joy] 11a TRX/Mat Combo (Intermediate [†]) [Kitty]	23 8a Group Reformer (All levels) [TBA] 10a Matwork (all levels) [Kitty]	24
25 7p Matwork (All levels) [Patrick]	26 12p Group Reformer (All levels) [Patrick]	27 530p 30 Min Jumpboard [Kitty] 6p TRX/Mat Combo (Intermediate [†]) [Kitty] 7p Group Reformer (All levels) [Kitty]	28 6p Hatha Yoga Level 1 [Joy] 7p Hatha Yoga Level 2 [Joy]	29 7a Group Reformer (Intermediate [†]) [Patrick] 9a Hatha Yoga Level 1 [Joy] 11a TRX/Mat Combo (Intermediate [†]) [Kitty]	30 8a Group Reformer (All levels) [TBA] 10a Matwork (all levels) [Kitty]	31 BOO!!

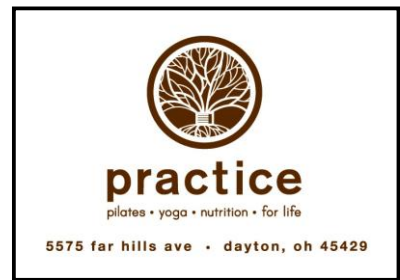
Classes are one hour unless otherwise indicated.

[†]Please note: Intermediate or advanced classes require instructor approval

NEW FOR OCTOBER:

- Joy's Level 2 Hatha Yoga on Thursdays will now start at 7p; the Hatha Yoga Level 1 class on Tuesdays at 7p has been moved to Thursdays at 6p.
- The Thursday 11a TRX/Mat combo class has been discontinued for the fall. Please join us for the TRX class on Fridays at 11a instead!
- Kitty Snow will be taking over the Wednesday Group Reformer Class at 7p.
- See the "what's new" page at www.practice-center.com for a full list of practice activities inside and outside the studio!

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Class Descriptions and Pricing

Pilates Matwork - Focusing on the five basic principles highlighted in the STOTT PILATES® approach to the Pilates method, instructors at Practice work with you through an exercise repertoire that challenges strength and flexibility to create a strong and healthy body. Students at all levels are welcome. 14 people max. Classes can be reserved online one week in advance, and walk-ins are welcome.

Pilates Group Reformer & Equipment* classes offer a great value in training, flexibility of scheduling, and price. They are designed for students who want to add a second or third class to their weekly practice, or who are unable to commit to a standing appointment time each week. Equipment-based classes vary in content from week to week and can include training on the Pilates Reformer (including jumpboard training), Stability Chair, Arc Barrel, and Spine Corrector. The maximum number of students per class is 4. Classes can be reserved up to one week in advance, online or by phone.

Hatha Yoga Level 1 - Hatha Yoga is foundational for all yoga styles. Designed for students who are new to yoga, who lack flexibility in their joints, or who have been away from exercise for a long time, this class invites you to unwind and release the stress and tension of the day. Leave your shoes and worries at the door while you build strength and flexibility through a regular yoga practice.

Hatha Yoga Level 2 – Hatha Yoga Level 2 with Joy Karl brings more flow and more challenging poses than our Hatha Yoga Level 1 class. Joy offers a series that challenges strength, flexibility, and endurance for both body and mind. If you are fairly inflexible (in your joints), a beginner to yoga, or if you have been away from exercise for a long time, then consider starting first with our Hatha Yoga Level 1 class and then with a little Practice, you'll be up to level 2 in no time!

Yoga on the Ball - This class combines yoga poses with a stability ball to help you improve balance, strength, and flexibility. The ball provides support for poses that might otherwise be too difficult, yet can also add a wonderful challenge to you balance for poses that you might see “easy.” Yoga on the ball pairs breathing and asana to create a flow of energy that will leave you feeling calm, strong, and centered. The class is open to students of all levels.

TRX/Mat Combo - Not for the faint of heart, this class offers 30 minutes of intense upper and lower body work on the TRX suspension trainer system combined with 30 minutes of deep core work on the Pilates mat. Due to the pace and intensity of the class, please check with one of the instructors before signing up. 6 students max. Classes can be reserved up to one week in advance. This class cannot be split into half hour sessions.

Pilates Jumpboard Interval Training - Energize yourself with a cutting-edge reformer workout packed with heart-pumping moves that build strength and burn calories. We will integrate jumpboard sequences with exercises on the mat for a full body workout in 30 minutes. The maximum number of students per class is 4. Classes can be reserved up to one week in advance, online or by phone.

Pilates Mat and Yoga

Classes	Cost per session	Total
Single	\$17.00	\$17.00
Ten	\$13.00	\$130.00
Twenty	\$11.00	\$220.00

TRX/Mat Combo

Classes	Cost per class	Total
Single	\$30.00	\$30.00
Four	\$27.00	\$108.00
Eight	\$24.00	\$192.00
Sixteen	\$22.00	\$352.00

Group Reformer & Equipment*

Classes	Cost per class	Total
Single	\$30.00	\$30.00
Four	\$27.00	\$108.00
Eight	\$24.00	\$192.00
Sixteen	\$22.00	\$352.00

30 Minute Jumpboard Interval Training

Classes	Cost per class	Total
Single	\$24.00	\$24.00
Four	\$22.00	\$88.00
Eight	\$20.00	\$160.00
Sixteen	\$18.00	\$288.00

PLEASE NOTE: For all classes, a **24 hour cancellation notice** is necessary to avoid being charged for the class; students must have had at least 3 equipment-based Pilates privates or duets prior to participating in Group Reformer and Jumpboard classes; and instructors will vary periodically for group classes.