



**valleypilates**

**pilates  
massage  
personal training**

**valleypilates.com**

## PILATES WINTER CLASSES 2012

JANUARY 2ND - MARCH 9TH (NO EVENING CLASSES MONDAY, JAN. 2ND.)

- MONDAY EVENING CLASSES RUN NINE WEEKS. RATE \$90
- ALL OTHER CLASSES RUN TEN WEEKS. RATE \$100

### ON THE BALL (1HR)

**MONDAY 8:30 AM, FRIDAY 8:15 AM**

This class combines Pilates concepts to movements with an exercise ball, creating a unique experience that will challenge a participant's stability, flexibility and core strength.

### MAT WITH EQUIPMENT (1HR)

**MONDAY 4:45 PM & 6:00 PM**

This class incorporates the use of small equipment, such as resistance bands, Pilates rings, foam rollers, stretch straps and exercise balls. These items add new dimensions to traditional Pilates movements.

### MAT WITH EQUIPMENT (1HR)

**THURS 5:30 PM**

This class incorporates the use of small equipment, such as resistance bands, Pilates rings, foam rollers, stretch straps and exercise balls. These items add new dimensions to traditional Pilates movements.

#### PILATES RATES

One Class Per Week	Mon PM \$90 (9 classes), All Others \$100 (10 classes)
Two Classes Per Week	\$180 (20 classes)
Drop-In Single Class	\$12

#### PERSONAL TRAINING RATES

Three Sessions	\$171 (1 hr each)
Five Sessions	\$265 (1 hr each)
Ten Sessions	\$500 (1 hr each)

#### LOCATION

**1440 South Oneida Street  
Suite O  
Menasha, WI 54952**

#### CONTACT INFO

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