

New Class!!

# Power Pilates

Improve your cardiovascular health and burn calories while finding your core!! This is a 90 minute fast paced extensive conditioning program that will transform your body without stressing your joints. This class has 2 teachers and can be adapted to any level.



# Winter 2012 Schedule

January 1<sup>st</sup>-March 31<sup>st</sup>

208-660-4477

730 N. 4<sup>th</sup> Street CdA

[www.thepilatespathway.com](http://www.thepilatespathway.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:00 AM Free Fundamentals	7:00 AM Pilates Bootcamp	*8:30-9 Free Fundamentals 9:00 AM All Level Mat	7:00 AM All Level Mat	7:00 AM Advanced Reformer*	
9:00 AM All Level Mat	11:00 AM Booty Barre	10:00 AM All Level Reformer	11:00 AM Booty Barre		8:30 AM All Level Mat
	12:00 PM Basic Reformer	12:00 PM Basic/Int Reformer	5:30 PM Intermediate Reformer		
		1:00 PM Pilates for Osteoporosis	6:30 PM Booty Barre		
5:30 PM Intermediate Mat*	5:30-7:00 PM Power Pilates	5:15 PM Pilates Stick			

\*Participation in intermediate and advanced classes must be approved by an instructor

## Class Pricing

### Mat / Nia Classes:

4 Classes.....\$40.00  
5 Classes.....\$48.00  
8 Classes.....\$75.00

\*Drop in Fee...\$12 per class

Unlimited Mat and Stick Classes~\$100

### Barre Classes:

4 Classes.....\$50  
5 Classes.....\$62  
8 Classes.....\$96  
10 Classes....\$115

\*Drop in Fee....\$15 per class

per class for Students who have

unlimited mat/stick pass

### Pilates Stick Classes:

4 Classes.....\$50  
5 Classes.....\$62  
8 Classes.....\$96

\*Drop in Fee...\$15 per Class

### Reformer/Power Pilates:

2 Classes.....\$38  
3 Classes.....\$55  
4 Classes.....\$70  
10 Classes....\$165

\*Drop in Fee....\$20 per Class \*\$3

\*\$15 per class for Students who have purchased the

unlimited mat/stick pass

**Classes are billed monthly and packages expire at the end of each month unless pre-arranged otherwise**

## New Client Special:

3 Private Sessions

1 Month unlimited Mat/Stick Classes

\$140

Savings of over \$120!

**Also get 10% off your first reformer class!**

\*Package Pricing for new clients ~

First purchase only

\*offers expire 3/31/2012

The Pilates Pathway is CdA's only fully equipped Pilates Studio. In addition to our variety of classes, we also offer private and semi-private sessions

**For more information and/or enrollment contact:**

Sally Pidskalny 208-660-4477 or visit our website

[www.thepilatespathway.com](http://www.thepilatespathway.com)