



Sign-ups Begin December 16, 2015

50 Minute Pilates or Stretch-Core Classes with 3 other participants for only \$20.00

Starting on Monday, January 4, 2016 Women's Advantage Physical Therapy proudly introduces our Stretch-Core classes along with our next session of Pilates Reformer classes. These classes will have a maximum of four participants and will be taught on the industry's highest quality equipment by Pilates instructors specially training in women's health issues.

Pilates Reformer Classes

Level I: Beginner

Level II: Intermediate

Pilates reformer classes at health clubs and studios in the area can cost over \$50 per class; we are offering them for **ONLY \$20 per class!**

**** Please wear socks during all classes. ****

PRICING:

Ten week sessions are required and cost reductions are available if you are signing up for more than one class per week.

- 1 class per week x 10 weeks = **\$200.00**
- 2 classes per week x 10 weeks = \$360 – 10% off = **\$360** (That's \$18.00 per class!)
- 3 classes per week x 9 weeks = \$600 – 20% off = **\$480.00** (That's \$16.00 per class!)

| Day | Time | Level |
|-----------|----------------------|-------|
| Monday | 7:00am–7:50am | I |
| | 12:30pm–1:20pm | I |
| | 6:00pm–6:50pm | I-II |
| | <u>7:00pm–7:50pm</u> | I |
| Tuesday | 7:00am–7:50am | I |
| | 12:30pm–1:20pm | II |
| | 6:00pm–6:50pm | I-II |
| | 7:00pm–7:50pm | II |
| Wednesday | 7:00am–7:50am | I |
| | 12:30pm–1:20pm | |
| | 6pm–6:50 | I |
| Thursday | 7am – 7:50am | II |
| | 12:30pm–1:20pm | I-II |
| | 6:00pm–6:50pm | |
| | 7:00pm–7:50pm | I |
| Friday | 7:00am–7:50am | I |
| | 12:30pm–1:20pm | I |
| Saturday | 8:00am–8:50am | I |
| | 9:00am–9:50am | I-II |

The first time you sign up with a friend, both of you will receive 10% off as well. Payment can be made at the time of the reservation over the phone or in-person via Visa or MasterCard.

Please call Women's Advantage, Inc. at (310) 370-1200 to sign up for a class or for more information.