



## 2011 Fall/Winter Classes

Please schedule in advance by calling **720-931-6743**  
or visiting **[pilatesdowntown.com](http://pilatesdowntown.com)** for online scheduling.

### **Monday**

8:45am • Reformer/Pole (Adv)  
10:00am • Mat (Int)\*  
12:00pm • Mat in Studio 5 (DAC Members Only • no cost)  
5:30pm • Reformer/Pole (All)

### **Tuesday**

12:00pm • Mat (Beg - Int)\*

### **Wednesday**

 10:00am • Reformer/Pole (Int)

### **Thursday**

10:00am • Reformer/Pole Beg - Int)  
5:15pm • Reformer/Pole (Int)

### **Friday**

8:30am • Reformer/Pole (Int)  
12:00pm • Reformer/Pole (Int)

### **Saturday**

9:00am • Mat (All)\*

Beg = Beginning  
Adv = Advanced

Int = Intermediate  
All = All Levels

***\*No prior experience necessary for Mat classes***

### **Class Sizes are Limited.**

5 private sessions are required before attending Reformer classes

### **24 HOUR CANCELLATION POLICY**

If you must cancel a scheduled appointment, we ask that you please notify us a full 24 hours in advance and reschedule within 5 working days, otherwise you will be responsible for payment in full.