

WINNER OF BEST PILATES STUDIO 2006 and 2009 MAIN LINE TODAY

SYMMETRY 2002-2012

pilates studio

511 East Gay Street • West Chester PA • 19380

610.431.8990

symmetrypilatesstudio.com

GIFT CERTIFICATES AVAILABLE FOR HOLIDAY GIVING

DECEMBER 2012

	sunday	monday	tuesday	wednesday	thursday	friday	saturday	
<p>DECEMBER SPECIALS</p> <p>MAT 1 week of mat classes for FREE</p> <p>MACHINE 3 Private lessons for \$165 (\$60 savings)</p> <p>This is your chance to try the Pilates Machines for 3 one hour private training sessions at a highly discounted price. See what the machines really can do for you!</p> <p>Contact us for more information. Offers valid for New Clients ONLY. Offer good through December 31, 2012.</p> <p>Limit one per person.</p>		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">3</p>	<p>8a- PILATES MACHINE</p> <p>9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">4</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">5</p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">6</p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;">7</p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;">8</p>	
		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">10</p>	<p>8a- PILATES MACHINE</p> <p>9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">11</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">12</p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">13</p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;">14</p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;">15</p>	
		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">17</p>	<p>8a- PILATES MACHINE</p> <p>9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">18</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">19</p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">20</p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;">21</p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;">22</p>	
		CLOSED	CLOSED	CLOSED	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">27</p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;">28</p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;">29</p>	
		<p>Christmas Eve</p> <p style="text-align: right;">24</p>	<p>Christmas</p> <p style="text-align: right;">25</p>	<p>Christmas</p> <p style="text-align: right;">26</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">2</p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;">3</p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;">4</p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p>10a- PILATES MACHINE</p> <p style="text-align: right;">5</p>
		<p>CLOSED</p> <p style="text-align: right;">31</p>	<p>New Year's Day</p> <p style="text-align: right;">1</p>	<p>New Year's Day</p> <p style="text-align: right;">1</p>	<p>New Year's Day</p> <p style="text-align: right;">2</p>	<p>New Year's Day</p> <p style="text-align: right;">3</p>	<p>New Year's Day</p> <p style="text-align: right;">4</p>	<p>New Year's Day</p> <p style="text-align: right;">5</p>

Pilates Machine Sessions 9am-8pm Monday-Thursday • 9am-5pm Friday • 9am-12pm Saturday

We value each and every person that comes to our studio and we are always looking for your feedback to continually improve the environment or class that the studio provides to you. Please drop us an e-mail or let us know at the studio any suggestions or comments you may have. Thank you to each and every one of you for your continued support!

PILATES MACHINE SESSIONS

APPOINTMENTS ARE NEEDED FOR ALL MACHINE SESSIONS

Package rates must be used in determined period. **no exceptions. no refunds.**

24hr cancellation REQUIRED for all machine sessions

Full session fee will be charged for cancellations less than 24hrs

all machine clients must have 1 evaluation session and at least 1 private session before attending any group pilates machine class

PILATES PRIVATE MACHINE sessions (55 min)			includes posture analysis, flexibility test and review of Pilates Fundamentals
EVALUATION	\$60	student/65+	\$ 51
PRIVATE	\$70		\$ 60
5 sessions	\$ 330		\$ 280
10 sessions	\$ 630		\$ 530
20 sessions	\$1200		\$1020
DUET	\$45		\$ 38
5 sessions	\$ 215		\$ 185
10 sessions	\$ 400		\$ 340
20 sessions	\$ 750		\$ 600
TRIPLET	\$35		\$ 30
5 sessions	\$ 165		\$ 140
10 sessions	\$ 300		\$ 250
20 sessions	\$ 540		\$ 460

PILATES MACHINE classes (55 min)			
	\$35	student/65+	\$ 30
5 sessions	\$ 165		\$ 140
10 sessions	\$ 300		\$ 250
20 sessions	\$ 540		\$ 460

PACKAGE RATES MUST BE USED WITHIN ALLOTTED TIME. NO EXCEPTIONS. NO REFUNDS.

MAT CLASSES

DROP-INS welcome

ALL LEVELS welcome

Drop-in	\$18	student/65+	\$15	
5 sessions	\$85		\$70	VALID 6 weeks from date of purchase
10 sessions	\$150		\$130	VALID 3 months from date of purchase
20 sessions	\$260		\$220	VALID 6 months from date of purchase

Pilates

Monday 6p, Tuesday 9:15a, Wednesday 6p

ALL LEVELS

Pilates emphasizes proper alignment of the body, a focused mind and correct breathing. This non-impact movement is designed to increase flexibility, strengthen and balance muscles, improve posture and tone the body. Deep core muscles are activated and strengthened, the spinal column is lengthened and decompressed and the body exhibits greater balance, coordination, longer and leaner musculature, and ease of movement. Various props are used.

Pilates Fusion

Pilates/Yoga

Thursday 6p, Saturday 9a

ALL LEVELS

Pilates Fusion combines the core strength training and muscle toning of Pilates with the flexibility, meditative and weight loss elements of Yoga. Both practices involve attaining specific postures and poses, correct breathing, and control of the body. The combination creates a strong, streamlined body, leaving you feeling taller, leaner, and with a deep sense of health and well being. Pilates Fusion can be for beginners or those who have previously practiced either Pilates or Yoga.

PAYMENT FOR ALL CLASSES/SESSIONS... CASH OR CHECK ONLY

GIFT CERTIFICATES AVAILABLE