

WINNER OF BEST PILATES STUDIO 2006 and 2009 MAIN LINE TODAY

SYMMETRY

pilates studio

511 East Gay Street • West Chester PA • 19380
 610.431.8990
 symmetrypilatesstudio.com

Symmetry Pilates Studio is celebrating 10 years in business.
 As a thank you to all our clients, we are taking 10% off
 ALL purchases for the month of October.

CELEBRATING 10 YEARS OCTOBER 2012

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>OCTOBER SPECIALS</p> <p>MAT 1 week of mat classes for FREE</p> <p>MACHINE 3 Private lessons for \$450! \$135 (\$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 October 31, 2012. Limit one per person.</p>		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>1</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>2</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>3</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p - Pilates Fusion 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>4</p>	<p>9a- PILATES MACHINE</p> <p>5</p>	<p>9a - Pilates Fusion 9a- PILATES MACHINE 10a- PILATES MACHINE</p> <p>6</p>
		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>8</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>9</p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>10</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p - Pilates Fusion 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>11</p>	<p>9a- PILATES MACHINE</p> <p>12</p>	<p>9a - Pilates Fusion 9a- PILATES MACHINE 10a- PILATES MACHINE</p> <p>13</p>
		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>15</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>16</p>	<p>9a- PILATES MACHINE NEW 9:15a Pilates Fusion</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>17</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p - Pilates Fusion 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>18</p>	<p>9a- PILATES MACHINE</p> <p>19</p>	<p>9a - Pilates Fusion 9a- PILATES MACHINE 10a- PILATES MACHINE</p> <p>20</p>
		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>22</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>23</p>	<p>9a- PILATES MACHINE NEW 9:15a Pilates Fusion</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>24</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p - Pilates Fusion 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>25 Halloween Parade</p>	<p>9a- PILATES MACHINE</p> <p>26</p>	<p>9a - Pilates Fusion 9a- PILATES MACHINE 10a- PILATES MACHINE</p> <p>27</p>
		<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>29</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>30</p>	<p>9a- PILATES MACHINE NEW 9:15a Pilates Fusion</p> <p>6p- Pilates Mat 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>31 Halloween</p>	<p>8a- PILATES MACHINE NEW 9:15a- Pilates Mat</p> <p>6p - Pilates Fusion 6p- PILATES MACHINE 7p- PILATES MACHINE</p> <p>1</p>	<p>9a- PILATES MACHINE</p> <p>2</p>	<p>9a - Pilates Fusion 9a- PILATES MACHINE 10a- PILATES MACHINE</p> <p>3</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

MACHINE SESSIONS		PILATES PRIVATE MACHINE sessions (55 min)				
EVALUATION	\$60	\$54	student/65+	\$54	\$46	includes posture analysis, flexibility test and review of fundamentals
PRIVATE	\$70	\$63		\$60	\$54	
	5 sessions \$330	\$297		\$280	\$252	VALID 3 months from date of purchase
	10 sessions \$630	\$567		\$530	\$477	VALID 6 months from date of purchase
	20 sessions \$1200	\$1080		\$1020	\$918	VALID 6 months from date of purchase
DUET	\$45	\$40		\$38	\$34	
	5 sessions \$215	\$193		\$185	\$166	VALID 3 months from date of purchase
	10 sessions \$400	\$360		\$340	\$306	VALID 6 months from date of purchase
	20 sessions \$750	\$675		\$600	\$540	VALID 6 months from date of purchase
TRIPLET	\$35	\$31		\$30	\$27	
	5 sessions \$165	\$148		\$140	\$126	VALID 3 months from date of purchase
	10 sessions \$300	\$270		\$250	\$225	VALID 6 months from date of purchase
	20 sessions \$540	\$486		\$460	\$414	VALID 6 months from date of purchase

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

MAT CLASSES

DROP-INS welcome

ALL LEVELS welcome

Drop-in	\$18	\$16	student/65+	\$15	\$13	
5 sessions	\$85	\$76		\$70	\$63	VALID 6 weeks from date of purchase
10 sessions	\$150	\$135		\$130	\$117	VALID 3 months from date of purchase
20 sessions	\$260	\$234		\$220	\$198	VALID 6 months from date of purchase

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