



**GROUP MAT CLASS**

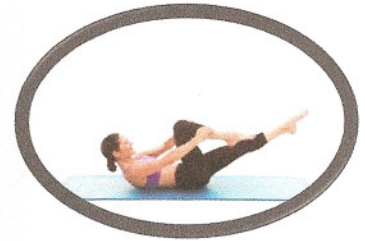
**12 Week Fall Session, September 14 – December 1**

**Tuesday 9:00am - 9:50am and/or Wednesday 7:30pm - 8:20pm**

PRE-PAID PRICING (non-refundable, due Aug. 26<sup>th</sup>)

1 class/week: \$125

2 classes/week: \$250



\*\$15 Drop-in rate, preferably only for students with previous experience in pilates.

*To gain the most from your group lessons, I highly encourage a private lesson for those who would like some extra individualized training. This approach will ensure your understanding and proper execution of the principles for movement, benefiting your confidence, progress and strength.*

Exercise Mat is required (pilates mat is best for its thickness)

Looking for more results? Try the REFORMER at my home studio:

- **Introductory Reformer Class** (springbound pilates apparatus) (1hr.): \$35  
If after this class, you decide to purchase a package of 10 private sessions @ \$50/class, your introductory session is free.
- **Private Reformer Single Session:** \$60
- **Private Mat Class:** \$50
- **Duet Private Mat Class:** \$70 (\$35 / person)



**Registration Form**

**(due Thurs., Aug. 26<sup>th</sup>)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Please Circle Class Selection(s) :

**Tuesday 9:00am**

**Wednesday 7:30pm**

**NOTE:** Please make checks payable directly to **Katrina Frelich**. Thank you!  
Please send this form and check along with your FDM Ballet Registration or separately to: **Katrina Frelich, 6575 White Pines Drive, Brighton, MI 48116**  
(810) 599-0143 or [katfrelich@sbcglobal.net](mailto:katfrelich@sbcglobal.net) for questions

\_\_\_\_\_ Yes, I am interested in an introductory Pilates Reformer private lesson for \$35.