



2011 SUMMER REGISTRATION

July 19 – August 24

Tuesday 9:00am & Wednesday 7:20pm

Group Mat Classes

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|----------------------------------|--------------------------------|
| *6 Week Session (1x/week) | \$75 / make-ups allowed |
| *6 Week Session (2x/week) | \$125 |
| Single Class/Drop in | \$15 |

**pre-paid and non-refundable, due July 1st*

Take your mat work to another level! Private Sessions on specialized spring-bound Pilates equipment are available in my home studio! You can achieve beautifully balanced posture, long lean musculature, and core strength with a program designed just for you!

Group Mat Classes held in the studio at Fountain Dance Ministry: 431 W. Main St., Brighton

Registration Form (Due: July 1st)

Name: _____

Address: _____

Phone #: _____ Email: _____

Circle Class Selection(s) : **Tuesday 9:00am** **Wednesday 7:20pm**

_____ Yes, I would like to hear more about private sessions on the Pilates Equipment!

To reserve your place, send registration form and check payable to Katrina Frelich

6575 White Pines Drive, Brighton, MI 48116

Questions: 810.599.0143 or katfrelich@sbcglobal.net