



Alexandria Studio  
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www.studiobodylogic.com



## Alexandria Schedule

Sept 4– Dec 22, 2018

SUBJECT TO CHANGE – updated 15 August 2018

### FALL 2018 Pilates Mat & Barre Body®

Check box if you are NEW to our studio

Name

Address

City  State

Zip  Email

Daytime #  Evening #

Circle home / work / cell

Circle home / work / cell

Please register me for the following class(es):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Location	Level/Class	Day	Time

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Location	Level/Class	Day	Time

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Location	Level/Class	Day	Time

#### Class Make Up Policy:

Unlimited make-ups for missed mat classes. Make-ups DO NOT carry over to the next session.

Discounts: Private Students-10%; 2 classes per session-10%; 3 or more classes per session-20%

Total: \_\_\_\_\_

Minus discount (if applicable): \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

VISA/ MC  Check# \_\_\_\_\_

(All refunds minus a \$35 administrative fee)

**No refunds or credits after Sept. 18**

**except for Military transfers.**

**No exceptions**

Register Online at:  
[www.studiobodylogic.com](http://www.studiobodylogic.com)

Monday: begins Sept 10 – Dec 17 (No Class 9/3) **15 WEEKS**  
11:15-12:05pm Intermediate Mat w/ Springs – Terri \$345  
6:15-7:10pm Barre Body® Ballet- Kyoko \$300  
7:15- 8:05pm Beg/Int Pilates Mat - Kathryn \$300  
7:15-8:05pm Beginning Pilates Mat- Lori \$300  
8:15- 9:05pm Intermediate Pilates Mat - Kyoko \$300

Tuesday: begins Sept 4– Dec 18 **16 WEEKS**  
10:15-11:05am Beg/Int Pilates Mat - Jessie \$320  
6:15-7:15pm Beg Apparatus Class – Dana (10/23) \$240 (Limit 4)/ **8 wks**  
7:15-8:05pm Beg/Int Pilates Mat w/ Springs - Donna \$368  
7:15-8:15pm Beg/Int Apparatus Class – Dana (10/23) \$240 / **8 wks**

Wednesday: begins Sept 5– Dec 19 **16 WEEKS**  
10:15-11:15am Evolved Sculpt - Kim \$320  
6:15-7:05pm Int/Adv Pilates Mat - Jessie \$320  
7:15- 8:05pm Beginning-Beg/Int Mat - Jessie \$320

Thursday: begins Sept 6 – Dec 20 (no class 11/22) **15 WEEKS**  
9:15-10:05am Intermediate Pilates Mat - Jessie \$300  
10:15-11:05am Beg/Int Pilates Mat - Jessie \$300  
5:15-6:10pm Intermediate Springs - Jessie \$345  
7:15-8:05pm Beginning Pilates Mat– Jessie \$300  
7:15-8:15pm Beginning Apparatus Class – Dana (10/25) \$240 / **8wks**  
8:15-9:10pm Beg/Int Springs – Jessie \$345  
8:15-9:10pm Barre Body® 1 - Kyoko \$300  
8:15-9:15pm Beg/Int Apparatus Class – Dana (10/25) \$240 / **8 wks**

Friday: begins Sept 7 – Dec 21 (no class 11/23) **15 WEEKS**  
10:15-11:05amA Beginning-Beg/Int Pilates - Jessie \$300

Saturday: begins Sept 8 – Dec 22 **16 WEEKS**  
9- 9:50am Intermediate Pilates Mat - Kathryn \$320  
10-10:50am Adv Pilates Mat w/ Springs - Kathryn \$368  
10-11:00am Strength & Stability – Kim Curtis \$320  
11-11:50am Beg/Beg-Int Mat Pilates – Kim Curtis \$320

Please complete Waiver on reverse

**A SIGNED WAIVER MUST ACCOMPANY EACH REGISTRATION FORM**  
Acknowledgement and Release

**Barre Body® class descriptions**

**Barre Body® 1**

A modern, challenging, and safe barre class that sculpts your body while providing a calorie-burning cardio workout. Set to an up-tempo and fun mix of music, this class targets specific muscle groups through repetitive movements. It incorporates weights, therabands, exercise balls, and the ballet barre to build core strength while developing long, lean, flexible muscles.

**Barre Body® 2**

A classically inspired and challenging barre workout that draws on both ballet and jazz disciplines. The workout includes the same types of exercises and movements as our original Barre Body® class and moves fluidly through floor barre, the ballet barre, and standing barre exercises. This class moves at a slightly faster pace than Barre Body® and with more flow and emphasis on dance and ballet vocabulary and complex choreography.

**Barre Body® Ballet**

An innovative approach to a ballet barre workout with both classical and upbeat music. The class begins with a short mat warm-up, flows into traditional ballet exercises at the barre, and finishes with therapeutic floor barre and Barre Body® exercises.

**Meditation w/ BE:** Explore and experience multiple modalities of mindfulness to start your own personal practice of meditation. In 12 sessions we will cover techniques of breathing, visualization, centering and awareness to help you rest and relax. No fee for class however donations appreciated and will benefit NextStep Pilates.

We are pleased that you will be participating in Authentic Pilates. In order to be certified in Authentic Pilates, your instructor completed 800 hours of training. Authentic Pilates uses mat classes and body conditioning machinery and physical contact between the instructor and the student is occasionally required.

In consideration for participation in the Authentic Pilates through group workshops, private workshop, or classes:

1. You affirm that you are in good physical condition and do not suffer from any disability that would contribute to injury;
2. You affirm that Authentic Pilates and other SBL fitness classes may involve injury, including heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee, lower back, and foot injuries, and other illness, soreness, or injury, however caused, and they may occur during or after my participation;
3. You agree to assume the risks specified in paragraph 2;
4. You, your heirs, and assigns agree to waive, release, and discharge Studio Body Logic®, LLC, and Karen Garcia from any and all claims of personal injury, sexual harassment, or property damage that you have or may accrue as a result of participating in the Authentic Pilates;
5. You agree that you will not teach the Authentic Pilates, whether under that name or some other name;
6. You agree that you will not represent that you are certified to teach the Authentic Pilates;
7. You agree that if you violate any of the agreements and acknowledgements in paragraphs 4, 5, and 6, Studio Body Logic®, LLC, has the right to seek legal and equitable remedies, including injunctive relief, against you;
8. You consent to the physical contact between the instructor and the student that is required to carry out Authentic Pilates;
9. You affirm that you are 18 years or older (or if younger, parent or guardian must sign); and
10. You affirm that you voluntarily signed this Acknowledgement and Release and you have reviewed & understand the SBL Cancellation Policy.

**X** \_\_\_\_\_ **PRINT NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_  
**Signature of Client**  
(or signature of parent or guardian if client is younger than age 18)

In case of emergency, please contact \_\_\_\_\_ Phone Number \_\_\_\_\_

***Please note that SBL reserves the right to move students to a mat class level or to Apparatus work for their safety and that is appropriate for their current fitness level.***

***Class Cancellation Policies***

***Cancellation/Refund Policy:*** If we are notified of drop before session begins, full refund minus \$35 admin fee. If we are notified of drop by Sept 18 (end of week 2), refund minus \$35 admin fee and \$20 per class that has passed (regardless of classes attended). **NO REFUNDS OR CREDITS AFTER SEPT 18.**

***Class Cancellations*** for weather or unusual circumstances will be posted on each studio's voice mail, Facebook & Website. Cancelled classes can be made up during the session.