



Alexandria Studio
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Alexandria, VA 22301
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4001 N. 9th St., Ste 108
Arlington, VA 22201
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www.studiobodylogic.com

Alexandria Schedule

April 2 – July 7, 2018

SUBJECT TO CHANGE – updated 3/10/2018

NO CLASSES May 28, July 4

SPRING 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):

Location Level/Class Day Time

Location Level/Class Day Time

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 Jan 17th except for Military transfers.

No exceptions

Register Online at:
www.studiobodylogic.com

Monday: begins Apr 2 – Jul 2 (NO CLASS 5/28) **13 WEEKS**
10:15-11:05P Beginning Mat w/ Springs - Sarah \$299
11:15-12:05P Intermediate Mat w/ Springs – Sarah \$299
6:15-7:10P Barre Body® Ballet- Kyoko \$260
7:15- 8:05P Beg/Int Pilates Mat - Kathryn \$260
7:15-8:05P Beginning Pilates Mat- Lori \$260
8:15- 9:05P Intermediate Pilates Mat -Sarah M. \$260

Tuesday: begins Apr 3– July 3 **14 WEEKS**
10:15-11:05A Beg/Int Pilates Mat - Jessie \$280
6:15-7:10P Barre Body®1-Cassandra \$280
7:15-8:05P Beg/Int Pilates Mat w/ Springs - Donna \$322
7:15-8:15P Beg/Int Reformer Class – Dana \$180 (6 wks)
8:15-9:15P Beginning Reformer Class – Dana \$180 (6 wks)

Wednesday: begins Apr 4– June 27 (No Class July 4) **13 WEEKS**
9-9:55A Barre Body® 1 - Sarah M. \$260
10:15-11:15A Evolved Sculpt - Kim \$260
6:15-7:05P Int/Adv Pilates Mat - Jessie \$260
7:15- 8:05P Beginning-Beg/Int Mat - Jessie \$260
8:15-9:10P Barre Body® 2 - Sarah M. \$260

Thursday: begins Apr 5 – July 5 **14 WEEKS**
9:15-10:05A Intermediate Pilates Mat - Jessie \$280
10:15-11:05A Beg/Int Pilates Mat - Jessie \$280
5:15-6:10P Intermediate Springs - Jessie \$322
6:15-7:15P Alignment-based Yoga- Beth Skubis \$252
7:15-8:05P Teen Pilates – Jessie Apr 5- May 10 \$120 (6 wks)
7:15-8:15P Beginning Reformer Class – Dana \$180 (6 wks)
8:15-9:10P Beg/Int Springs – Jessie \$322
8:15-9:10P Barre Body® 1 - Kyoko \$280

Friday: begins Apr 6 – July 6 **14 WEEKS**
9:00A-10:00A Zip&Zest – Kathryn \$280
See DESCRIPTION BELOW
10:15-11:05A Beginning-Beg/Int Pilates - Jessie \$280

Saturday: begins Apr 7 – July 7 **14 WEEKS**
9-9:50A Beginning Mat w/ Springs- Cyndi/Sarah H. \$322
10-10:50A Intermediate Pilates Mat - Kathryn \$280
10-10:50A Adv Pilates Mat w/ Springs - Kathryn \$322
10-11:00A Strength & Stability – Kim Curtis \$280
11-11:50A Beg/Beg-Int Mat Pilates – Kim Curtis \$280

Sunday: begins April 8-June 24 **12 WEEKS**
4:00-5:00P Meditation with B.E. FREE
donations encouraged and will support NextStep Pilates
See DESCRIPTION BELOW

Please complete Waiver on reverse

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.

Zip & Zest: An all around conditioning class of movement/exercise grounded on Pilates principles. Increase vitality, build bone strength and challenge balance. Move with ease and confidence. Appropriate for many levels.

A SIGNED WAIVER MUST ACCOMPANY EACH REGISTRATION FORM

Acknowledgement and Release

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

Signature of Client

PRINT NAME

DATE

(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 Apr 17th (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 APRIL 17TH.**

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.