



Alexandria Studio  
 2417 Mt. Vernon Avenue  
 Alexandria, VA 22301  
 703.739.7601  
 Fax: 703.739.7602

Arlington Studio  
 4001 N. 9th St., Ste 108  
 Arlington, VA 22201  
 703.527.9626



## Alexandria Schedule

July 8 – Sept 1, 2019

SUBJECT TO CHANGE –

www.studiobodylogic.com

### SUMMER 2019 Pilates Mat Schedule

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%**

(All refunds minus a \$35 administrative fee)

**No refunds or credits after July 20**

**except for Military transfers.**

**No exceptions**

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

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

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

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

Register Online at:

www.studiobodylogic.com

#### Monday: begins July 8– Aug 26

10:15–11:05am	Beg/Int Pilates Mat – Jane	<b>8 WEEKS</b>	\$160
11:15-12:05pm	Intermediate Mat w/ Springs – Kyoko		\$200
7:15- 8:05pm	Beg/Int Pilates Mat - Kathryn		\$160

#### Tuesday: begins July 9– Aug 27

10:15-11:05am	Beg/Int Pilates Mat - Jessie	<b>8 WEEKS</b>	\$160
7:15-8:05pm	Beg/Int Pilates Mat w/ Springs - Donna		\$200
7:15-8:15pm	Beg/Int Reformer Class – Dana		\$240 (6/25-8/13)

#### Wednesday: begins July 10– Aug 28

10:15-11:15am	Evolved Sculpt - Kim	<b>8 WEEKS</b>	\$160
6:15-7:05pm	Int/Adv Pilates Mat - Jessie		\$160
7:15- 8:05pm	Beginning-Beg/Int Mat - Jessie		\$160
8:15-9:05pm	Open Level Mat w/ Springs - Jessie		\$200

#### Thursday: begins July 11 – Aug 29

9:15-10:05am	Intermediate Pilates Mat - Jessie	<b>8 WEEKS</b>	\$160
10:15-11:05am	Beg/Int Pilates Mat - Jessie		\$160
7:15-8:05pm	Beginning Pilates Mat– Jessie		\$160
7:15-8:15pm	Beg. Reformer Class – Dana		\$240 (6/20-8/15)
8:15-9:10pm	Beg/Int Springs – Jessie		\$200
8:15-9:15pm	Beg-Int Reformer Class – Dana		\$240 (6/20-8/15)

#### Friday: begins July 12 – Aug 30

10:15-11:05am	Beginning-Beg/Int Pilates - Jessie	<b>8 WEEKS</b>	\$160
---------------	------------------------------------	----------------	-------

#### Saturday: begins July 13 – Aug 31

9- 9:50am	Intermediate Pilates Mat - Kathryn	<b>8 WEEK</b>	\$160
10-10:50am	Adv Pilates Mat w/ Springs - Kathryn		\$200
10-11:00am	Strength & Stability – Kim Curtis		\$160
11-11:50am	Beg/Beg-Int Mat Pilates – Kim Curtis		\$160

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® 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.

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 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.