



Alexandria Studio
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Alexandria, VA 22301
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4001 N. 9th St., Ste 108
Arlington, VA 22201
703.527.9626



www.studiobodylogic.com

Alexandria Schedule

Jan 2 – Mar 31, 2018

SUBJECT TO CHANGE – updated 12/1/2017

WINTER 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/ Check# _____
MC

(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 Jan 8– Mar 26 **12 WEEKS**
10:15-11:05P Beginning Mat w/ Springs - Sarah \$276
11:15-12:05P Intermediate Mat w/ Springs – Sarah \$276
6:15-7:10P Barre Body® Ballet- Kyoko \$240
7:15- 8:05P Beg/Int Pilates Mat - Kathryn \$240
7:15-8:05P Beginning Pilates Mat- Lori \$240
8:15- 9:05P Intermediate Pilates Mat -Sarah M. \$240

Tuesday: begins Jan 2– Mar 27 **13 WEEKS**
10:15-11:05A Beg/Int Pilates Mat - Jessie \$260
6:15-7:10P Barre Body®1-Cassandra **FREE CLASSES Jan 9, 16, 23**
7:15-8:05P Beg/Int Pilates Mat w/ Springs - Donna \$299
7:15-8:15P **Beg/Int Reformer Class – Dana \$150 (6wks)**

Wednesday: begins Jan 3– Mar 28 **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 Jan 4 – Mar 29 **13 WEEKS**
9:15-10:05A Intermediate Pilates Mat - Jessie \$260
10:15-11:05A Beg/Int Pilates Mat - Jessie \$260
5:15-6:10P Intermediate Springs - Jessie \$299
7:15-8:05P Intermediate Pilates Mat- Jessie \$260
7:15-8:15P Beginning Reformer Class – Dana \$150 (6 wks) NEW
8:15-9:10P Beg/Int Springs – Jessie \$299
8:15-9:10P Barre Body® 1 - Kyoko \$260

Friday: begins Jan 5 – Mar 30 **13 WEEKS**
10:15-11:05A Beginning-Beg/Int Pilates - Jessie \$260

Saturday: begins Jan 6 – Mar 31 **13 WEEKS**
9-9:55A Beginning Mat w/ Springs- Cyndi \$299
9-9:50A Intermediate Pilates Mat - Kathryn \$260
10-10:50A Adv Pilates Mat w/ Springs - Kathryn \$299
10-11:00A Strength & Stability – Kim Curtis \$260
11-11:50A Beg/Beg-Int Mat Pilates – Kim Curtis \$260

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 ranging from classical to contemporary, 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® Express

This class provides the same workout as our regular Barre Body® class but in a 45-minute length. Express classes are offered at certain points of the day for those that want a more “express” workout. These classes follow the same format as their full, 55-minute counterparts, just in a slightly condensed timeframe to help fit into your busy schedule.

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, such as coordinated movements of the arms and legs.

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. Perfect for adult and teen (age 14+) students looking for their beginning level ballet class with a kick!

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 Jan 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 JAN 17TH.**

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