



Alexandria Studio
2417 Mt. Vernon Avenue
Alexandria, VA 22301
703-739-7601

Arlington Studio
4600 N. Fairfax Dr.
Suite 210
Arlington, VA 22203
703.527.9626

www.studiobodylogic.com



Alexandria Schedule

Jan 2 – April 4, 2020
SUBJECT TO CHANGE –

WINTER 2020 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):

<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%

(All refunds minus a \$35 administrative fee)

No refunds or credits after Jan 13

except for Military transfers.

No exceptions

Total: _____

Minus discount (if applicable): _____

Amount Enclosed: _____

VISA/ MC Check# _____

Register Online at:
www.studiobodylogic.com

Monday: begins Jan 6 – March 30 **13 WEEKS**
10:15 –11:05am Beg/Int Pilates Mat – Jane \$260
11:15-12:05pm Intermediate Mat w/ Springs – Kyoko \$325
7:15- 8:05pm Beg/Int Pilates Mat - Kathryn \$260
7:15- 8:05pm Beginning Pilates Mat – Jane \$160 8 weeks (1/6-2/24)

Tuesday: begins Jan 7 – March 31 **13 WEEKS**
10:15-11:05am Beg/Int Pilates Mat - Jessie \$260
7:15-8:05pm Beg/Int Pilates Mat w/ Springs - Donna \$325
7:15-8:15pm Beg/Int Reformer Class – Dana \$260 8 Weeks (1/7-2/25)

Wednesday: begins Jan 8 – April 1 **13 WEEKS**
10:15-11:15am Evolved Sculpt - Kim \$260
6:15-7:05pm Int/Adv Pilates Mat - Jessie \$260
7:15- 8:05pm Beginning-Beg/Int Mat - Jessie \$260
8:15-9:05pm Open Level Mat w/ Springs - Jessie \$325

Thursday: begins Jan 2 – April 4 **14 WEEKS**
9:15-10:05am Intermediate Pilates Mat - Jessie \$280
10:15-11:05am Beg/Int Pilates Mat - Jessie \$280
7:15-8:05pm Beginning Pilates Mat– Jessie \$280
7:15-8:15pm Beg. Reformer Class – Dana \$260 8 Weeks (1/2-2/20)
8:15-9:10pm Beg/Int Springs – Jessie \$350
8:15-9:15pm Beg-Int Reformer Class – Dana \$260 8 Weeks (1/2-2/20)

Friday: begins Jan 3 – April 3 **14 WEEKS**
10:15-11:05am Beginning-Beg/Int Pilates - Jessie \$280
11:15-12:05pm Beginning/Int Springs – Kyoko \$350

Saturday: begins Jan 4 – April 4 **14 WEEKS**
9- 9:50am Intermediate Pilates Mat - Kathryn \$280
10-10:50am Adv Pilates Mat w/ Springs - Kathryn \$350
10-11:00am Strength & Stability – Kim Curtis \$280
11-11:50am Beg/Beg-Int Mat Pilates – Kim Curtis \$280

Please complete Waiver on reverse

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 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.