



Alexandria Studio  
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Alexandria, VA 22301  
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Arlington Studio  
4600 N. Fairfax St., Ste 210  
Arlington, VA 22203  
703.527.9626

www.studiobodylogic.com



## Arlington Schedule

Jan 2- April 4, 2020  
SUBJECT TO CHANGE -

**NEW LOCATION: 4600 N. Fairfax Dr Suite 210**

### WINTER 2020 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

**Monday: begins Jan 6 – March 30** **13 WEEKS**  
6:00-7:10pm BMD Stretch - Lucy \$234  
7:15-8:05pm Beg/Int Pilates Mat – Karen \$260

**Tuesday: begins Jan 7 – March 31** **13 WEEKS**  
12:15- 1:05pm Beginning Pilates Mat - Jane \$260  
6:15 -7:05pm Intermediate Springs – Karen \$325

**Wednesday: begins Jan 8 – April 1** **13 WEEKS**  
6:15-7:05pm Beg/Int Pilates Mat – Jane \$260

**Thursday: begins Jan 2 – April 2** **14 WEEKS**  
12:15-1:00pm Beg/Int Tower - Kyoko \$350

**Sunday: begins Jan 5– March 29** **13 WEEKS**  
11:00–11:50am Beginning-Beg/Int – Kim \$260  
5:15-6:10pm Barre Body® 1 – Tanya \$260

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

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

**(All refunds minus a \$35 administrative fee)**

**No refunds or credits after JAN 13**

**except for Military transfers.**

**No exceptions**

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

VISA/ MC  AMEX

Check# \_\_\_\_\_

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

### 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%

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.

#### Class Rates

- Enrolled in 2 classes per session - \$18.00 per class
- Enrolled in 1 class per session - \$20.00 per class
  - Barre Body® Drop-in - \$25.00 per class
  - Pilates Drop-in - \$25 per class

### 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 15.**

***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.