



Timetable 2008 contact Claire 07931 565 920

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9.30am</p> <p>Pilates Principles (Beginner) Kidzplay Harrogate To book visit: www.kidzplay.co.uk</p>	<p>7pm</p> <p>Pilates Progression</p> <p>Moortown Primary</p> <p>Course</p>	<p>10am</p> <p>Pilates Pick n Mix</p> <p>The Zone</p> <p>Course</p>	<p>6pm</p> <p>Pilates Principles</p> <p>Chapel A Primary</p> <p>S/C</p>	<p>10.45am</p> <p>Pramercise</p> <p>Mixed Ability</p> <p>Roundhay Park</p> <p>Drop In £4.00</p>	<p>3pm- 4.30pm</p> <p>Play Ball</p> <p>Mixed Ability</p> <p>Chapel A Primary</p> <p>£10</p>	<p>Monthly Pilates Day Retreats</p> <p>16th Nov 13th Dec The Barn Little Fenton</p>
<p>10.30am</p> <p>Pilates Progression (Improver) Kidzplay Harrogate</p> <p>Course</p>						
<p>1pm</p> <p>Parent & Tots Dance</p> <p>The Space, Little London, Leeds</p> <p>Free with child 2 - 4</p>	<p>8pm</p> <p>Pilates</p> <p>Pick n Mix</p> <p>Moortown Primary</p> <p>S/C</p>	<p>11.30am</p> <p>Pramercise</p> <p>Golden Acre</p> <p>6-week Course £24</p>	<p>7pm</p> <p>Pilates</p> <p>Pick n Mix</p> <p>Chapel A Primary</p> <p>S/C</p>	<p>6pm</p> <p>Pilates</p> <p>Pick n Mix</p> <p>Crown Plaza Hotel</p> <p>S/C</p>		<p>Contact Claire to book</p> <p>(see page 2)</p>
<p>6pm</p> <p>Pilates Advanced</p> <p>Chapel A Primary</p> <p>Session</p>			<p>8pm</p> <p>Pre/Post Natal Pilates</p> <p>Chapel A Primary</p> <p>Course</p>			
<p>6pm</p> <p>Pilates Principles (Beginner)</p> <p>Chapel A Primary</p> <p>Course</p>						



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Class/Venue	Dates
Monday - Kidzplay, Harrogate Pre/Post Natal Pilates – children welcome Bookings: visit www.kidzplay.co.uk or call 01423 816111	8 th Sept – 19 th Dec
Monday - Kidzplay, Harrogate Parent & Tots Creative Dance Free with child aged 2-4 years Bookings: visit www.kidzplay.co.uk or call 01423 816111	8 th Sept – 19 th Dec
Monday - The Space, Little London Parent & Tots Creative Dance Free with child aged 2-4 years	15 th Sept – 19 th Dec
Monday - Chapel Allerton Primary Pilates Powerhouse (Advanced) Pilates Principles (Beginner)	3 rd Nov – 8 th Dec 3 rd Nov – 15 th Dec
Tuesday - Moortown Primary Pilates Pick 'n' Mix (Mixed ability)	4 th Nov - 16 th Dec
Tuesday - Kidzplay, Harrogate Pilates Pick 'n' Mix (Mixed ability)	4 th Nov - 16 th Dec
Wednesday - The Zone Pilates Pick 'n' Mix (Mixed ability)	5 th Nov - 10 th Dec
Wednesday - Golden Acre Park Pramercise (Mixed ability) 6-week course £24.00	12 th Nov – 17 th Dec
Thursday - Chapel Allerton Primary Pilates Principles (Beginner) Pilates Pick 'n' Mix (Mixed ability) Pilates Pre/Post Natal (Mixed ability)	6 th Nov – 18 th Dec 6 th Nov – 18 th Dec 6 th Nov – 11 th Dec
Friday – Roundhay Park Pramercise (Mixed ability) drop-in £4.00	5 th Sept – 19 th Dec
Friday – Crown Plaza Pilates Pick 'n' Mix (Mixed ability)	5 th Sept – 19 th Dec
Saturday – Chapel Allerton Primary Play Ball (Mixed ability) Pre-book £10.00 MONTHLY	15 th Nov; 13 th Dec
Sunday – The Barn, Little Fenton Pilates Day Retreats. Please note that the booking deadline is 2 weeks prior to the retreat date. Booking info: www.inspireexercise.com/retreats	16 th Nov



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Courses – new prices from 01/09/08

All courses are six weeks and are designed to aid progression and offer consistency. Pilates courses cost £36 and Pramerercise courses cost £24.

Session Cards (SC)

Purchase either a 10 session card for £55, to be used at any Pilates class on the timetable that is described as a session card class. Session cards are valid for one term e.g. 01/09/08 to 19/12/08.

New Half-Session Cards

Purchase 5 sessions for £30, to be used within the half term you purchase the card, e.g. 01/09/08 to 27/10/08.

Terms

All classes must be paid for at the start of the class. All courses must be paid for in advance of the start date of that course. Ten session cards and courses where you have not completed or you have missed can not carry over to the following term. All make up classes for courses and session cards must be at a suitable level unless otherwise stated by a member of the InspiredExercise team.

PLEASE NOTE:

Any person wishing to start any form of exercise should seek medical advice before embarking on any exercise programme. Please complete the PARQ form prior to commencing classes – available to download from www.inspireexercise.com/Forms