

(717) 495-4193
 www.BodyByBlissPilates.com
 Alisha@BodyByBlissPilates.com



The Velvet Mill
 Studios 60 & 65
 44 Meadow Avenue
 Stonington, CT 06378

SMALL GROUP CLASSES

Small group class exercise plans are developed in advance & designed for the average class participant fitness goals. Modifications will be provided for all clients as needed. Prior experience on apparatus equipment is required for apparatus group classes. Class sizes are limited from 4 to 12 clients & include 50-90 minutes of instruction as identified on the schedule. Group class schedules are subject to change at any time.

APPARATUS classes are taught in studio #65 on large equipment (reformers, trapezes, spine correctors, ladder barrel & chairs)

- **REFORMER** classes are taught entirely on the reformer machine
- **MIXED CIRCUIT** classes rotate exercises on all apparatus equipment

NON-APPARATUS classes are taught in studio #60 with small prop equipment (mats, ballet barres, bands, weights, magic circles, etc.)

- **MAT** classes include mat & standing exercises
- **BARRE** classes utilize the ballet barre for standing exercises
- **BALLET** classes incorporate the ballet bar & floor work
- **BELLY DANCE** classes are a fusion of Egyptian, Turkish & Latin moves

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							MIXED CIRCUIT
8:30 AM							
9:00 AM						BARRE	REFORMER
9:30 AM	BELLY DANCE	BALLET					
10:00 AM						REFORMER	MAT
10:30 AM							
11:00 AM						MAT	BARRE
11:30 AM							
4:30 PM	REFORMER		BARRE	MAT			
5:00 PM					REFORMER		
5:30 PM	BARRE		MAT	REFORMER			
6:00 PM					BELLY DANCE		
6:30 PM		REFORMER		BALLET			
7:00 PM							
7:30 PM		BARRE					
8:30 PM							

Clients are encouraged to make class reservations in advance by signing up via online, the MINDBODY app & the studio. 24 hours' notice is required to cancel a reservation. Late cancellations & no-shows will be charged a single class purchase. Exceptions will be made on a case by case basis for emergencies & contagious illnesses.

Services purchased are valid for up to 6 months from the date of purchase and are not eligible for refund.

SINGLE CLASS PURCHASES	MULTIPLE CLASS PURCHASES (SAME TYPE)
<ul style="list-style-type: none"> - \$16 per non-apparatus small group class - \$25 per apparatus small group class - Prices are subject to sales tax at time of purchase 	<ul style="list-style-type: none"> - 5% off 5 small group classes - 10% off 10 small group classes - 20% off 20 small group classes