

Newsletter

Hi Everyone

Spring has sprung and I am looking forward to some warmer weather for our last term of the year.

Next week is our last week of term, and you are welcome to attend extra classes to make up for any classes missed earlier in the term, just let me know you are coming so I can guarantee you a place.

Term 4 Dates and Fees

- The studio will take a short break over the September school holidays
- **Term 4 is a 10 week term** and commences **Monday 11th October – Monday 20th December**
- **Fees** - The term fee is \$100 payable at the beginning of term.
- Casual classes are \$15 and subject to space availability.
- **Monday Stretch Class 7.30pm in Studio 2** is an open class and numbers are not limited,
If you happen to miss your class through illness or other circumstance you are welcome to attend the Stretch class to make it up. Please bring your own mat and blanket.

“ The Pilates Method of Body Conditioning develops the body uniformly, corrects posture, restores vitality, invigorates the mind and elevates the spirit.”

Joseph H. Pilates

New Open Class Friday 11 a.m.

The Intro Class on Fridays at 11 a.m. will become an Open class next term.

It will be suitable for those already attending the Over 50's and the Open classes who wish to strengthen their practice by attending twice a week. Please let me know if you wish to enroll for this class, as the class will be subject to enrolments .

Please let me know if you wish to re-enroll for next term or are wishing to change your class.

www.pilateswithkate.co.nz for timetable

info@pilateswithkate.co.nz to contact me



**see you next term, many thanks and kind regards,
Kate**

