

# SYMMETRY

pilates studio

511 East Gay Street • West Chester PA • 19380  
 610.431.8990  
 symmetrypilatesstudio.com

# JANUARY 2012

**A NEW YEAR!**

**A NEW YOU!**

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p><b>JANUARY SPECIALS:</b></p> <p><b>MAT</b></p> <p>1 Week of Mat Classes for <b>FREE</b></p> <p>Take advantage of the January Special and get one week of unlimited mat classes</p> <p>This is a great way to explore all of the instructors and class types that Symmetry offers.</p> <p><b>MACHINE</b></p> <p>3 Private lessons for \$150! (\$60 savings)</p> <p>This is your chance to try the Pilates Machines for 3 one hour private training sessions at a highly discounted price. See what the machines really can do for you!</p> <p>Contact us for more information. Offers valid for New Clients ONLY. Offer good through January 31, 2012. Limit one per person.</p>	<p><b>JANUARY SPECIALS:</b></p> <p><b>MAT</b></p> <p>1 Week of Mat Classes for <b>FREE</b></p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>2</b></p>	<p>8a- PILATES MACHINE</p> <p>6p- PILATES MACHINE</p> <p>6:30p -FLIRTY GIRL</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>3</b></p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>4</b></p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>5</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>6</b></p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>7</b></p>
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>7:15p Bellydance Fusion</p> <p style="text-align: right;"><b>9</b></p>	<p>8a- PILATES MACHINE</p> <p>6p- PILATES MACHINE</p> <p>6:30p -FLIRTY GIRL</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>10</b></p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>11</b></p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>12</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>13</b></p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>14</b></p>	
	<p>Martin Luther King Day</p> <p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>7:15p Bellydance Fusion</p> <p style="text-align: right;"><b>16</b></p>	<p>8a- PILATES MACHINE</p> <p>6p- PILATES MACHINE</p> <p>6:30p -FLIRTY GIRL</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>17</b></p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>18</b></p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>19</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>20</b></p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>21</b></p>	
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>7:15p Bellydance Fusion</p> <p style="text-align: right;"><b>23</b></p>	<p>8a- PILATES MACHINE</p> <p>6p- PILATES MACHINE</p> <p>6:30p -FLIRTY GIRL</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>24</b></p>	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>25</b></p>	<p>6p - Pilates Fusion</p> <p>6p- PILATES MACHINE</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>26</b></p>	<p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>27</b></p>	<p>9a - Pilates Fusion</p> <p>9a- PILATES MACHINE</p> <p style="text-align: right;"><b>28</b></p>	
	<p>9a- PILATES MACHINE</p> <p>6p- Pilates Mat</p> <p>7p- PILATES MACHINE</p> <p>7:15p Bellydance Fusion</p> <p style="text-align: right;"><b>30</b></p>	<p>8a- PILATES MACHINE</p> <p>6p- PILATES MACHINE</p> <p>6:30p -FLIRTY GIRL</p> <p>7p- PILATES MACHINE</p> <p style="text-align: right;"><b>31</b></p>	<p><b>SYMMETRY REFERRAL PROGRAM</b></p> <p>If you have enjoyed training with Symmetry Pilates and think a friend or colleague would too, refer them to us and when they sign up for a package you will receive 10% off your next package</p> <p>As an added bonus, we will give your friend 10% off their package too</p> <p><i>(NEW clients only)</i></p>				

**Pilates Machine Sessions 9am-8pm Monday-Thursday • 9am-5pm Friday • 9am-12pm Saturday**

We value each and every person that comes to our studio and we are always looking for your feedback to continually improve the environment or class that the studio provides to you. Please drop us an e-mail or let us know at the studio any suggestions or comments you may have. Thank you to each and every one of you for your continued support!

## PILATES MACHINE SESSIONS

APPOINTMENTS ARE **REQUIRED** FOR ALL MACHINE SESSIONS

**\*Package rates must be used in determined period. no exceptions. no refunds.**

**\*24hr cancellation required for all machine sessions**    \*Full session fee will be charged for cancellations less than 24hrs

**\*all machine clients must have at least 1 evaluation session and 1 private session before attending any duet, triplet or group pilates machine class**

PILATES PRIVATE MACHINE sessions (55 min)			
EVALUATION	\$60	• student/65+	\$ 51 includes posture analysis, flexibility test and review of Pilates Fundamentals
PRIVATE	\$70		\$ 60
5 sessions	\$ 330 (\$66)		\$ 280 (\$56) VALID 3 months from date of purchase
10 sessions	\$ 630 (\$63)		\$ 530 (\$53) VALID 6 months from date of purchase
20 sessions	\$1200 (\$60)		\$1020 (\$51) VALID 6 months from date of purchase
DUET	\$45		\$ 38
5 sessions	\$ 215 (\$43)		\$ 185 (\$37) VALID 3 months from date of purchase
10 sessions	\$ 400 (\$40)		\$ 340 (\$34) VALID 6 months from date of purchase
20 sessions	\$ 750 (\$37)		\$ 600 (\$30) VALID 6 months from date of purchase
TRIPLET	\$35		\$ 30
5 sessions	\$ 165 (\$33)		\$ 140 (\$28) VALID 3 months from date of purchase
10 sessions	\$ 300 (\$30)		\$ 250 (\$25) VALID 6 months from date of purchase
20 sessions	\$ 540 (\$27)		\$ 460 (\$23) VALID 6 months from date of purchase
Apprentice Instructor PILATES MACHINE sessions (55 min)			
EVALUATION	\$35	• student/65+	\$ 25
PRIVATE	\$45		\$ 38
5 sessions	\$ 215 (\$43)		\$ 185 (\$37) VALID 3 months from date of purchase
10 sessions	\$ 400 (\$40)		\$ 340 (\$34) VALID 6 months from date of purchase
DUET	\$30		\$ 26
5 sessions	\$ 140 (\$28)		\$ 120 (\$24) VALID 3 months from date of purchase
10 sessions	\$ 270 (\$27)		\$ 230 (\$23) VALID 6 months from date of purchase
PILATES MACHINE classes (55 min)			
	\$35	• student/65+	\$ 30
5 sessions	\$ 165 (\$33)		\$ 140 (\$28) VALID 3 months from date of purchase
10 sessions	\$ 300 (\$30)		\$ 250 (\$25) VALID 6 months from date of purchase
20 sessions	\$ 540 (\$27)		\$ 460 (\$23) VALID 6 months from date of purchase

### MAT CLASSES

\$18 Drop-in	• student/65+	\$15	
5 sessions \$85 (\$17)		\$70 (\$14)	VALID 6 weeks from date of purchase
10 sessions \$150 (\$15)		\$130 (\$13)	VALID 3 months from date of purchase
20 sessions \$260 (\$13)		\$220 (\$11)	VALID 6 months from date of purchase

**DROP-INS welcome**

**PRIVATE Pilates mat session \$55 per person call to schedule**  
**SEMI-PRIVATE Pilates mat session \$30 per person call to schedule**  
**in home/office private mat session \$100 (up to 4 people)**

**ALL LEVELS welcome**  
*instruction given to all to deepen or modify your postures*

<b>Pilates Mat</b>	Monday 6pm (Laura) Wednesday 6pm (Lynn E)	<i>ALL LEVELS</i>
Pilates emphasizes proper alignment of the body, a focused mind and correct breathing. This non-impact movement is designed to increase flexibility, strengthen and balance muscles, improve posture and tone the body. Deep core muscles are activated and strengthened, the spinal column is lengthened and decompressed and the body exhibits greater balance, coordination, longer and leaner musculature, and ease of movement. Props, balls and rings are used.		
<b>Pilates Fusion</b>	Pilates/Yoga Thursday 6pm (Joey) Saturday 9am (Cate)	<i>ALL LEVELS</i>
Pilates Fusion combines the core strength training and muscle toning of Pilates with the flexibility, meditative and weight loss elements of Yoga. Both practices involve attaining specific postures and poses, correct breathing, and control of the body. The combination creates a strong, streamlined body, leaving you feeling taller, leaner, and with a deep sense of health and well being. Pilates Fusion can be for beginners or those who have previously practiced either Pilates or Yoga.		
<b>FLIRTY GIRL</b>	Tuesday 6:30p (Nikki)	<i>ALL LEVELS</i>
Shake your booty, dance like Brittany, find your Inner Diva. A fun and multi-leveled complete dance workout for upper body, abs and core, legs and booty. Truly a workout for EVERY woman, created by women, for women, to empower women! Bring water. Wear comfortable sneakers.		

**NEW Bellydance Fusion Fundamentals and Beyond: by Samadhia Mondays 7:15-8:15p • \$60 January 9th- 30th (4 sessions) REGISTRATION REQUIRED**  
 Learn the basic moves of this mysterious, sensual and upbeat dance in a fun and relaxing environment where you are free to express yourself, dress up and feel beautiful.

**PAYMENT FOR ALL CLASSES/SESSIONS... CASH OR CHECK ONLY**  
**GIFT CERTIFICATES AVAILABLE**