

BODY BY BLISS

Pilates Boutique & Personal Training

SMALL GROUP CLASSES NEW YEAR SESSION

SCHEDULE OF OFFERINGS

The new year session for classes will begin on Monday 1/7/19 and run through Sunday 2/10/19 (6 weeks). Each registration will include 6 classes that meet on the same day and at the same time. Arrangements are available for make-ups on a case by case basis. Please contact the studio for more information.

- **SPIN:**
 - Mondays @ 4:30 PM
 - Mondays @ 5:30 PM
 - Tuesdays @ 6:30 AM
 - Tuesdays @ 5:30 PM
 - Wednesdays @ 9:30 AM
 - Thursdays @ 6:30 AM
 - Fridays @ 9:30 AM
 - Sundays @ 8:00 AM
- **YO YIN GA (YOGA):**
 - Wednesdays @ 5:30 PM
- **BARRE PILATES:**
 - Thursdays @ 9:30 AM
 - Fridays @ 4:30 PM
- **MAT PILATES:**
 - Thursdays @ 11:30 AM

RESERVATIONS

Pre-registration is required through Salem Parks & Rec. Space is limited and sign-ups are available at

http://www.salemct.gov/Pages/SalemCT_Recreation/programs



PRICING PER CLIENT

- **SALEM RESIDENTS**
 - 1 class/week: \$89
 - 2 classes/week: \$169
 - 3 classes/week: \$229
- **NON-RESIDENTS**
 - 1 class/week: \$94
 - 2 classes/week: \$174
 - 3 classes/week: \$234



SALEM LOCATION

Salem 4 Corners
20 Hartford Road
Unit 12
Salem, CT 06420

BodyByBlissPilates.com

(717) 495-4193