

BODY BY BLISS

Pilates Boutique & Personal Training

SMALL GROUP CLASSES SPRING SESSION

SCHEDULE OF OFFERINGS

The spring session for classes will begin on Monday 4/1/19 and run through Sunday 5/12/19 (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 and check out our class schedule for additional class offerings on Pilates Apparatus equipment (reformer, springboard, etc.).

- **MAT PILATES:**
 - Tuesdays @ 10:30 AM
- **BARRE:**
 - Thursdays @ 5:30 PM
- **SPIN:**
 - Mondays @ 5:30 PM
 - Tuesdays @ 5:30 PM

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