

PENNINGTON DANCE

Summer 2010



Pilates Semi-Private Mat Classes

"Stretch & Strength through Control"

Wednesday 6:00-6:45 pm beg/adv

Cost: \$20 per mat class teen / adult limited class size

Private Pilates Apparatus Classes

Personalized conditioning training on apparatus Joe Pilates created to meet individual issues.

Work on reformer, cadillac, electric chair, wunda chair, arm chair, ladder barrel, pedi-pole, spine corrector, small barrel/arc, mat work, hand weights, magic circle, wall, or rollers.

Calm, uplifting, inspiring environment.

Cost: \$60 per private class teen/adult Email or call to register and schedule classes.

All classes taught by Nancy Warner, who has studied Pilates for 18 years and who was certified by Joe Pilates' protégé, Romana Kryzanowska & her daughter, Sari Meija Santo.

Classes held at Nancy Warner's home studio at 1165 Bear Tavern Road, Titusville NJ 08560
609-737-7596 www.penningtondance.com info@penningtondance.com Register by 5/22

Enrollment is limited. Registrations accepted on a first-come-first-served basis. Please make checks payable to Pennington Dance.
Payments are non-refundable. Mail completed form to: Pennington Dance, 1165 Bear Tavern Rd, Titusville NJ 08560

Last Name _____ First Name _____ Age _____

Dad's Full Name _____ Mom's Full Name _____

Address _____

City _____ State _____ Zip _____ Prior Experience _____

Phone: Home _____ Work _____ Cell _____

Gender: Female Male Birthdate: ____/____/____ Email _____

Medical: (Thoroughly describe any physical conditions or issues.; use back of paper if necessary)

PILATES MAT CLASSES: circle each class and calculate total Qty _____ x \$20 = _____

Wednesday 6:00 – 6:45 pm Beginner – Advnnced

6/9 6/16 no class 6/23 6/30 no class 7/7 7/14 7/21 7/28 8/4 8/11

Enclosed is the full non-refundable payment for programs listed above.

I agree to hold Pennington Dance, its directors, officers or employees harmless from any and all liability for personal injury or property damage.

Parent Signature X _____

Date _____