

# PENNINGTON DANCE

Summer 2010



## *Pilates Semi-Private Mat Classes*

*"Stretch & Strength through Control"*

*Wednesday 6:15-6:7:00 pm beginner - advanced*

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 20 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

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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 6:15 – 7:00 pm Beginner – Advanccd

6/8    6/15    6/22    6/29    7/6    (no class 7/13 & 7/20)    7/27    8/3    8/10

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 \_\_\_\_\_