



**LOU CONTE**  
DANCE STUDIO

# Pilates Equipment Classes

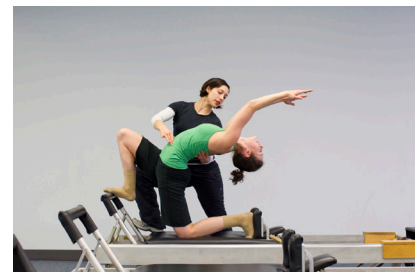
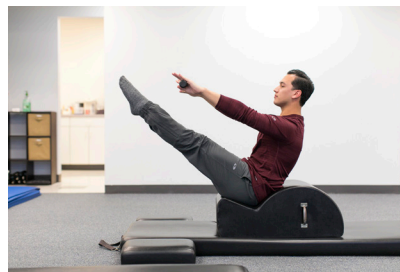
## Fall 2017

Beginning Thursday 6:30–7:30pm			
Session 1	Session 2	Session 3*	Session 4*
Sept. 7	Oct. 5	Nov. 2	Dec. 7
Sept. 14	Oct. 12	Nov. 9	Dec. 14
Sept. 21	Oct. 19	Nov. 16	Dec. 21
Sept. 28	Oct. 26		

Beginning/Intermediate Wednesday 6–7pm			
Session 1	Session 2	Session 3*	Session 4*
Sept. 6	Oct. 4	Nov. 1	Dec. 6
Sept. 13	Oct. 11	Nov. 8	Dec. 13
Sept. 20	Oct. 18	Nov. 15	Dec. 20
Sept. 27	Oct. 25		

Intermediate/Advanced Wednesday 7–8pm			
Session 1	Session 2	Session 3*	Session 4*
Sept. 6	Oct. 4	Nov. 1	Dec. 6
Sept. 13	Oct. 11	Nov. 8	Dec. 13
Sept. 20	Oct. 18	Nov. 15	Dec. 20
Sept. 27	Oct. 25		

Intermediate Saturday 10–11am			
Session 1	Session 2	Session 3*	Session 4*
Sept. 9	Oct. 7	Nov. 4	Dec. 2
Sept. 16	Oct. 14	Nov. 11	Dec. 9
Sept. 23	Oct. 21	Nov. 18	Dec. 16
Sept. 30	Oct. 28		



\$140 per 4-week session. \*Session 3 & 4 are 3-week sessions \$105  
 Maximum 4 students and a minimum 2 students.  
 Sign up at the Lou Conte Dance Studio front desk.  
 Only make-ups within the same session are allowed.  
 Any level above Beginning requires approval from an instructor.

For more information, please contact [hsdcpilates@gmail.com](mailto:hsdcpilates@gmail.com)