



LOU CONTE
DANCE STUDIO

Pilates Equipment Classes

Winter 2018

Reformer Classes

Beginning Reformer Thursday 6:30–7:30pm		
Session 1	Session 2	Session 3
Jan. 4	Feb. 1	Mar. 1
Jan. 11	Feb. 8	Mar. 8
Jan. 18	Feb. 15	Mar. 15
Jan. 25	Feb. 22	Mar. 22

Beginning Reformer Saturday 12–1pm		
Session 1	Session 2	Session 3
Jan. 6	Feb. 3	Mar. 3
Jan. 13	Feb. 10	Mar. 10
Jan. 20	Feb. 17	Mar. 17
Jan. 27	Feb. 24	Mar. 24

Beginning/Intermediate Reformer Wednesday 6–7pm		
Session 1	Session 2	Session 3
Jan. 10	Feb. 7	Mar. 7
Jan. 17	Feb. 14	Mar. 14
Jan. 24	Feb. 21	Mar. 21
Jan. 31	Feb. 28	Mar. 28

Intermediate Reformer Saturday 10–11am		
Session 1	Session 2	Session 3
Jan. 6	Feb. 3	Mar. 3
Jan. 13	Feb. 10	Mar. 10
Jan. 20	Feb. 17	Mar. 17
Jan. 27	Feb. 24	Mar. 24

Advanced Reformer Wednesday 7–8pm		
Session 1	Session 2	Session 3
Jan. 10	Feb. 7	Mar. 7
Jan. 17	Feb. 14	Mar. 14
Jan. 24	Feb. 21	Mar. 21
Jan. 31	Feb. 28	Mar. 28

NEW!

Tower Classes

Tower Tuesday 6:30-7:30pm		
Session 1	Session 2	Session 3
Jan. 9	Feb. 6	Mar. 6
Jan. 16	Feb. 13	Mar. 13
Jan. 23	Feb. 20	Mar. 20
Jan. 30	Feb. 27	Mar. 27

Tower Saturday 11am–12pm		
Session 1*	Session 2	Session 3
Jan. 13	Feb. 3	Mar. 3
Jan. 20	Feb. 10	Mar. 10
Jan. 27	Feb. 17	Mar. 17
	Feb. 24	Mar. 24

\$140 per 4-week session. *\$105 for 3-week sessions. 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