



## BALANCED BODYWORKS SCHEDULE, FEES & POLICIES

| Studio | Time    | Monday               | Tuesday                  | Wednesday            | Thursday             | Friday           | Saturday |
|--------|---------|----------------------|--------------------------|----------------------|----------------------|------------------|----------|
| 1      | 8:00am  | Allegro              | Allegro                  |                      | Allegro              | Allegro          | Allegro  |
| 2      | 8:00    |                      |                          | Mat                  |                      |                  |          |
| 1      | 9:00    | Allegro              |                          |                      |                      | Allegro          |          |
| 2      | 9:00    |                      |                          |                      |                      | <b>Arabesque</b> |          |
| 1      | 10:00   | Allegro              |                          | Allegro              |                      | Allegro          |          |
| 2      | 10:00   |                      |                          |                      |                      |                  |          |
| 1      | 11:00   | <b>Basic Pilates</b> | <b>New Basic Pilates</b> |                      | <b>Basic Pilates</b> |                  |          |
| 2      | 11:00   |                      |                          |                      |                      |                  |          |
| 1      | 12:00pm |                      |                          | <b>Basic Pilates</b> |                      |                  |          |
| 2      | 12:00   |                      |                          |                      |                      |                  |          |
| 1      | 3:30    |                      |                          |                      |                      |                  |          |
| 2      | 3:30    |                      |                          |                      |                      |                  |          |
| 1      | 4:30    |                      | Allegro                  |                      | Allegro              |                  |          |
| 2      | 4:30    |                      |                          |                      |                      |                  |          |
| 1      | 5:30    |                      | Allegro                  |                      | Allegro              |                  |          |
| 2      | 5:30    | <b>Arabesque</b>     |                          | <b>Arabesque</b>     |                      |                  |          |

*Ballroom Dancing available by appointment -- private and small groups*

### Fee Schedule:

Pilates: Private(\$65 per session / Group \$20 per session)  
 Ballroom Dance: Private \$260 per four ses. / \$60 for four ses. per person  
*All fees are payable the first of each month or when services are rendered.  
 Cash or check only-- made payable to Balanced BodyWorks.*

### Dress Codes

Pilates Arabesque or exercise attire, yoga mat, bare feet, towel  
 Ballroom: Comfortable clothes and dancing shoes (no street shoes)

### Policies

Sign up is on a first-come basis.  
**NO REFUNDS OR TRANSFERS**  
 Cancellation: 24 hrs. (No charge) but you must make up the class.  
 Same day or no-show (**Full charge**)  
 All fees and make-ups expire at the end of the month

### Etiquette

Arrive on Time - -respect classmates and instructor  
 Keep your voice down as others may want a quiet atmosphere to concentrate  
 Forgo fragrance  
 Turn off your cell phone or put on vibrate if you must monitor calls.