



# The Pilates Room

November 2022 edition

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What a crazy summer and fall it's been! I have been having a difficult time keeping up with all new inquiries and fitting new students into my schedule. I apologize for any delays and thank you for your patience! It's wonderful that so many people are looking to start exploring what Pilates can do for them. I am opening 3 new classes for people new to Pilates. Because this is an introductory/foundational level, these trios can all begin and grow together without the introductory private.

Please contact me via email or text to indicate your interest- these classes begin November 1st!

New trio options and openings in ongoing classes are listed below!

## New Class Openings

**8:30 AM Tuesday**

**11:30 AM Tuesday**

**4:00 PM Wednesday**

## Openings in Existing Classes

**9:30 AM Tuesday-** This class moves and utilizes the whole system! Experienced pilates practitioners only please. One space available!

**8:00 AM Friday-** This class is great for someone with some Pilates experience who is looking for a challenge. One space available!

**10:00 AM Friday-** This class is for someone who has a background in Pilates and is learning the system. One space available!

## Private Lessons

At this time, I am not seeing any new private students. If you would like to be on my waitlist please send me an email with your preferred contact information. Thanks!

