



# studio on main

## Summer 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><i>Pilates Reformer and Tower Training, Massage Therapy, Personal Training, are available by appointment.</i></b> <b>SPECIALTY CLASSES, BEACH WORKOUTS &amp; RETREATS WILL BE OFFERED THROUGHOUT THE SUMMER!</b>						
8:00 a.m.	<b>Intermediate Pilates</b>	Vinyasa 1 & 2 w/Sarah	<b>Body Sculpting on the Ball</b>	Vinyasa 1 & 2 w/Sarah	<b>Pilates Sculpt</b>	Callanetics w/Jean
9:00 a.m.	Zumba w/Martha	<b>9:30</b> Yoga for Health w/Jane	Zumba w/Martha	<b>9:30</b> Callanetics w/Jean	Zumba w/Jackie	<b>Body Sculpting on the Ball</b>
10:00 a.m.	<b>Gentle Pilates</b>		<b>Basic Pilates</b>		<b>Gentle Pilates</b>	<b>Pilates</b>
odd times			<b>4:00 p.m. Beach Booty</b> call to register			
4:30 p.m.		<b>Pilates Sculpt</b>		Hip Hop w/ Kimberly <b>(call to register)</b>		<b>SUNDAY</b> <b>Sunday 9:00 a.m. yoga with Sarah</b> & workshops August & September! Yoga, Pilates, Dance. . . Call for schedule.
5:30 p.m.	<b>Pilates</b>		<b>Pilates</b>	Hatha Yoga w/ Sarah		
6:30 p.m.	Hatha Yoga w/ Sarah		Yin Yoga & Meditation w/Sarah			

Please note: Class content may vary with instructor if a sub is needed.

Anna Mallien, owner  
(231) 383-1885  
Anna@StudioOnMain.biz

Studio On Main  
402 Main Street  
Above the Frankfort Deli

### Pricing for Anna's Pilates & Ball Classes (in bold):

**\$10.00 drop in fee**  
**Punch card : Buy 10 classes get 2 FREE!**  
**Aqua Classes: \$10.00 per class**

**Private classes are available for 1 - 10 participants.**  
**Get together a few friends or coworkers; pick a class and a time for your group.**  
**Reformer Session, Personal Training and Private Class fee = \$60.00.**

**MASSAGE IS AVAILABLE 7 days BY APPOINTMENT \$70.00 per hour with appointment.**  
**Yoga, Zumba, and Dance fees are set by instructor.**

**Yoga/Stretch/Meditation : \$10.00 1 hr class/ \$12.00 1 + hr class.**  
**Zumba and Salsa : \$10.00 drop-in with discounts for punch cards.**  
**Golden Zumba: \$5.00 1/2 hr class.**  
**Hip Hop & Kid & Zumba Kids: \$8.00 drop-in/\$5.00 session.**

StudioOnMain.biz

Interested in a class or time not listed? Let us know and we will try to meet your needs.