

Autumn Term 2010

Welcome to our Autumn term of Bea Alexander Pilates classes.

Gill continues her wonderful Tuesday evening and Thursday lunchtime classes. I am continuing the Wednesday and Thursday evening teaching. I may not be able to run the Level 4 advanced class at 6.45pm if some of you who could manage this class don't move up a level, as the numbers are getting marginal to run. Go on, face the challenge!

Charlie Pank, who I have been supervising, will qualify as a brilliant, fully-fledged Pilates teacher at the end of September. We will be teaching Monday and Thursday 8pm class together for the first few weeks and then Charlie will take over the reins. We have made Monday Level 3 fifteen minutes later in the hopes more of you Level 2 people will find you can then move up to Level 3! Monday people, if you'd like to meet Charlie in advance, please do come along and make up a class on Thursday currently where he is teaching with me. Charlie will come and visit you during this second half of term. Caroline has other commitments most of next term, but may turn up now and again! **Best Wishes Bea**

**14 Weeks: Monday 6th September to Thursday 16th December
(Half-term 18th to 22nd of October)**

DAY	TIME	LEVEL	LOCATION	TEACHER
Monday	6.15-7.15pm	Level 3	Forth	Charlie (& Bea)
Monday	7.15-8.15pm	Level 2	Forth	Charlie (& Bea)
Tuesday	6.00-7.00pm	Level 2	Forth	Gill
Tuesday	7.00-8.00pm	Beginners	Forth	Gill
Tuesday	8.00-9.00pm	Level 1	Forth	Gill
Wednesday	5.30-6.30pm	Level 4	Sangha	Bea
Wednesday	6.45-7.45pm	Level 4 advanced	Sangha	Bea
Wednesday	8.00-9.00pm	Level 3	Sangha	Bea
Thursday	12.30-1.30pm	General	Sangha	Gill
Thursday	4.30-5.30pm	Level 1 to 2 plus	Yoga Room	Bea
Thursday	5.45-6.45pm	Beginners	Yoga Room	Bea
Thursday	6.50-7.50pm	Level 1	Yoga Room	Bea
Thursday	8.00-9.00pm	Level 2	Yoga Room	Charlie (&Bea)

LOCATIONS: The Sangha: 14a Broughton Street Lane, Edinburgh EH1 3LT. 'Forth' is the Edinburgh Business Centre, 16 Forth Street, EH1 3LH. (Buzz the 'conference room'). The Yoga Room: 5a Forth Street Edinburgh, EH1 3JX

COST: £130 for the 14-week term. Please note that classes, once paid for, are non-refundable in all circumstances. There are 'make-up' class arrangements. For full terms and conditions, please see the website.

TO BOOK: You can pay on-line via Paypal and do not need your own Paypal account to use the facility. Follow the links in the 'bookings' section of the website (there is no booking fee). You will receive a confirmation email from me. Or you can use the booking form below with the correct amount of cash in a sealed envelope with your name and class on it or a cheque. Cheques are payable to 'Bea Alexander', post to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG.

www.bealexanderpilates.co.uk Tel: 07951 686 322 classes@bealexanderpilates.co.uk

Easy-Book Form Bea Alexander Pilates Autumn 2010

I would like to book for the following classes (Please circle)

Name: Monday Level 3 6.15-7.15pm
 Monday Level 2 7.15-8.15pm
 Tuesday Level 2 6.00-7.00pm
 Your Address and Postcode: Tuesday Beginners 7.00-8.00pm
 Tuesday Level 1 8.00-9.00pm
 Wednesday Level 4 5.30-6.30pm
 Home number: Wednesday Level 4 Adv. 6.45-7.45pm
 Mobile: Wednesday Level 3 8.00-9.00pm
 Work: Thursday General 12.30-1.30pm
 Email: Thursday Level 1 to 2 plus 4.30-5.30pm
 Thursday Beginners 5.45-6.45pm
 Thursday Level 1 6.50-7.50pm
 Thursday Level 2 8.00-9.00pm
 PLEASE WRITE CLEARLY
 Thank you! I enclose full payment of for block(s) of classes



Bea Alexander Pilates News

Summer & Autumn 2010

Dear Pilates-ers

We are now booking for the short August block of classes AND the longer Autumn term. We look forward to seeing you during our fun summer classes and for the Autumn term of Pilates toning, stretching, strengthening and re-balancing to make you feel good! We teach fewer classes during the summer, as many of you have holidays, and we have changed some of the levels to accommodate you all. There is a Level 2 and 3 on Tuesday evenings for you Monday people. If we get enough over-flow for Monday night, I will happily run the classes. It is up to you! We are back to our full capacity of 13 classes in the Autumn. **Best wishes Bea**

August 2010

4 Weeks: Tuesday 3rd August until Thursday 26th August

DAY	TIME	LEVEL	LOCATION	TEACHER
Tuesday	6.00-7.00pm	NEW Beginners taster block	Forth	Gill
Tuesday	7.00-8.00pm	Level 2	Forth	Gill
Tuesday	8.00-9.00pm	Level 1	Forth	Gill
Wednesday	5.45-6.45pm	Level 4	Sangha	Bea FULL
Wednesday	7.00-8.00pm	Level 3	Sangha	Bea
Thursday	12.30-1.30pm	General	Sangha	Gill
Thursday	4.30-5.30pm	Level 1 to 2 plus	Yoga Room	Bea
Thursday	5.45-6.45pm	Beginners taster block	Yoga Room & Forth	Bea FULL
Thursday	6.50-7.50pm	Level 1 to 2	Yoga Room & Forth	Bea

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PLEASE NOTE Thursday 5.45pm and 6.50pm classes are at Forth on 5th and 12th of August and at the Yoga Room on the 19th and 26th.

COST: £39 for the four weeks. (Classes are non-refundable)

MAKE UP FACILITY: If you need to miss one or more of your four classes, you can come along to another class during this time to make up. You could do two classes a week instead. Please just turn up, although we cannot guarantee you a space, we have not had to turn anyone away yet!

TO BOOK You can pay on-line via Paypal and do not need your own Paypal account to use the facility. Follow the links in the 'bookings' section of the website (there is no booking fee). You will receive a confirmation email from me. Or you can use the booking form overleaf with the correct amount of cash in a sealed envelope with your name and class on it or a cheque. Cheques are payable to 'Bea Alexander', post to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG.

www.beaalexanderpilates.co.uk Tel: 07951 686 322 classes@beaalexanderpilates.co.uk

Name:

Easy-Book Form Bea Alexander Pilates August 2010

I would like to book for the following classes (Please circle)

Your Address and Postcode:

Tuesday	Beginners taster	6.00-7.00pm
Tuesday	Level 2	7.00-8.00pm
Tuesday	Level 1	8.00-9.00pm
Wednesday	Level 4	5.45-6.45pm
Wednesday	Level 3	7.00-8.00pm
Thursday	General	12.30-1.30pm
Thursday	Level 1 to 2 plus	4.30-5.30pm
Thursday	Beginners taster	5.45-6.45pm
Thursday	Level 1	6.50-7.50pm

Home number:

Mobile:

Work:

Email:

PLEASE WRITE CLEARLY

Thank you!

I enclose full payment of _____ for ____ block(s) of classes