



Bea Alexander Pilates News

Summer & Autumn 2009

Dear Pilates -ers

We finish our current term on Thursday 9th July, so we still have some weeks to strengthen and stretch you for the summer! If you have missed classes, you are welcome to turn up to other classes to see if we can fit you in.

Booking is now open for the short summer block of classes AND the Autumn term of classes.

I am having reconstructive knee surgery in July and will not be teaching during August. I am delighted that Skye and Christine will teach a four-week August block of classes, joined by our Pilates Foundation colleague, Amy Redler, from Glasgow. We will be offering 6 classes during this time. I will be teaching again in September, and the Autumn term increases to twelve classes a week, with two classes now available on Mondays to accommodate all of your increasing expertise! Best wishes for a sunny summer,

Bea

Summer Term, August 2009

4 Weeks: Tuesday 4th to Wednesday 26th August, 2009

DAY	TIME	LEVEL	LOCATION	TEACHER
Tuesday	6.00-7.00pm	Level 2	Forth	Amy & Skye
Tuesday	7.00-8.00pm	Beginners	Forth	Amy & Skye
Tuesday	8.00-9.00pm	Level 1	Forth	Amy & Skye
Wednesday	6.00-7.00pm	Level 3 to 4	Forth	Amy & Chris
Wednesday	7.00-8.00pm	Level 1 to 2	Forth	Amy & Chris
Wednesday	8.00-9.00pm	Level 3	Forth	Amy & Chris

LOCATION: 'Forth' is the Edinburgh Business Centre, 16 Forth Street, EH1 3LH. (Buzz the 'conference room').

All classes will take place at this venue during August.

COST: £36 for the 4 week block. (classes are non-refundable in all circumstances)

MAKE-UP CLASS FACILITY: If you need to miss one or more of your four classes during the August block, you can come along to one of the other classes currently on offer to make up, if space is available. Please just turn up. Your classes cannot be transferred to another person or into a new term.

LEVELS: to understand the levels for this short block, please see the email or the website and discuss which class would be most suitable for you with your teacher.

TO BOOK: Please use the booking form below with cash or cheque, or you can pay electronically on-line. (There is a booking fee for this service.) Cheques are payable to 'Bea Alexander', post to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG. You can pay via Paypal, by following the links in the 'bookings' section of the Website. You will receive a confirmation email from me. If you are in Skye or Christine's class and want to pay by cash, please put the correct amount in a sealed envelope with your name and class on it for them to pass on to me, thank you.

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

Name:

Your Address and Postcode:

Home number:

Mobile:

Work:

Email:

Easy-Book Form Bea Alexander Pilates Summer Block 2009
I would like to book for the following classes (Please circle)

Tuesday	Level 2	6.00-7.00pm
Tuesday	Beginners	7.00-8.00pm
Tuesday	Level 1	8.00-9.00pm
Wednesday	Level 3 to 4	6.00-7.00pm
Wednesday	Level 1 to 2	7.00-8.00pm
Wednesday	Level 3	8.00-9.00pm

I enclose full payment of _____ for _____

PLEASE WRITE CLEARLY

Thank you!

Autumn Term 2009

14 Weeks: Monday 7th September to Thursday 17th December (half term 26-30th of October)

DAY	TIME	LEVEL	LOCATION	TEACHER
Monday	6.00-7.00pm	Level 3	Forth	Bea & Chris
Monday	7.00-8.00pm	Level 2	Forth	Bea & Chris
Tuesday	6.00-7.00pm	Level 2	Forth	Skye
Tuesday	7.00-8.00pm	Beginners	Forth	Skye
Tuesday	8.00-9.00pm	Level 1	Forth	Skye
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	Skye
Thursday	4.30-5.30pm	Level 1 to 2 Plus	Sangha	Bea
Thursday	5.45-6.45pm	Beginners	Yoga Room	Bea
Thursday	7.00-8.00pm	Level 1	Yoga Room	Bea

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

COST: £126 for the 14-week term. Classes are non-refundable in all circumstances. There are 'make-up' class arrangements. For full terms and conditions, please see the website.

TO BOOK: Please use the booking form below with cash or cheque, or you can pay electronically on-line. (There is a booking fee for this service.) Cheques are payable to 'Bea Alexander', post to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG. You can pay via Paypal, by following the links in the 'bookings' section of the Website. You will receive a confirmation email from me. If you are in Skye or Christine's class and want to pay by cash, please put the correct amount in a sealed envelope with your name and class on it for them to pass on to me, thank you.

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Private Studio Pilates, Pregnancy and Post-Natal Groups, August & Autumn 2009

The Marchmont equipment studio term also finishes on Thursday 9th of July and we will be closed for three weeks. My colleague Janet Smith, who currently teaches in my studio on Wednesday evenings, will be running studio sessions, plus pregnancy and post-natal groups from Monday 3rd August until Thursday 3rd September. I will resume teaching my normal hours in the studio on Monday 7th of September. For full details please see the website.

Google Calendar Trial: For the next 5 weeks of term, we are publishing the available studio class appointment times on the 'studio' page of the website, via Google Calendar, so people looking for a private appointment can ring or email me with an appointment time in mind. If this works well, we will continue to use this system. Block booking in advance is always advised!

Equipment and gift vouchers: We have the full range of matclass equipment for sale, plus gift vouchers for mat or studio classes.

Name:

Your Address and Postcode:

Home number:

Mobile:

Work:

Email:

PLEASE WRITE CLEARLY

Thank you!

Easy-Book Form Bea Alexander Pilates Autumn Term 2009

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

Monday	Level 3	6.00-7.00pm
Monday	Level 2	7.00-8.00pm
Tuesday	Level 2	6.00-7.00pm
Tuesday	Beginners	7.00-8.00pm
Tuesday	Level 1	8.00-9.00pm
Wednesday	Level 4	5.30-6.30pm
Wednesday	Level 4 Adv	6.45-7.45pm
Wednesday	Level 3	8.00-9.00pm
Thursday	General	12.30-1.30pm
Thursday	Level 1 to 2 plus	4.30-5.30pm
Thursday	Beginners	5.45-6.45pm
Thursday	Level 1	7.00-8.00pm

I enclose full payment of _____ for _____