



“DESIGN YOUR OWN STUDIO or AQUA CLASS”

Here's how it works:

STEP ONE: Create your group of a minimum of 5 people*!

- Available for all members of all ages!

Option One: \$10.00 per person class – Pay As You Go

Option Two: Create your own class with 5 people & pay \$8 per class.
Must be five at class.

All fees payable directly to instructor

**Having trouble finding 4 other people to have a class with, let Maryellen know your name, phone #, e-mail, and choices from above & we will try & network you with others having the same interest!*

STEP TWO: Decide your class type:

- A. Pilates
 - B. Yoga (including Hot Yoga)
 - C. Weight & Strength Training
 - D. Fusion - combo of classes (I.e. Pilates & Yoga)
 - E. Water Aerobics
- Don't see what you're interested in - ask if she can create something!

STEP THREE: Chose your class intensity or level along with class length:

- A. Beginner
- B. Intermediate
- C. Advanced
- D. Gentle and Restorative
- E. Seniors
- F. Children
- G. Family

STEP FOUR: Schedule your group!

Mary Ellen Strother

lexingtonpolewalking@yahoo.com

(859) 533 -0504