

Spine Program Fall 2009 Schedule

Pilates Classes	Dates <i>(all classes are 8 weeks in length)</i>
Prices: \$100 for M,T & W classes. \$88 for Th. & F classes due to Thanksgiving break.	
Monday classes - Instructor: Amanda Wolf	Oct. 26 – Dec.14,2009
5:30 – 6:30pm - Intermediate	
6:45-7:45pm – Beginner	
Tuesday classes - Instructor: Nancy Deeb	Oct. 27 – Dec. 15, 2009
5:30 – 6:30pm - Advanced Beginner	
6:45-7:45pm – Advanced Beginner	
Wednesday AM classes - Instructor: Amanda Wolf	Oct. 28 – Dec. 16, 2009
7:00 – 8:00 am Pilates for Runners	
8:30-9:30am – Intermediate	
9:45-10:45am – Advanced Beginner	
Thursday AM classes - Instructor: Patty Connors	Oct. 29 – Dec. 17, 2009
7:00 – 8:00am - Advanced Beginner	(no class on Thanksgiving – Nov. 26)
8:15 – 9:15am - Beginner	
Thursday PM classes - Instructor: Chris Mackowiak	Oct. 29 – Dec. 17, 2009
5:30-6:30pm – Advanced Beginner	(no class on Thanksgiving – Nov. 26)
6:45 – 7:45pm – Beginner	
Friday classes - Instructor: Amanda Wolf	Oct. 30 – Dec. 18, 2009
8:30 – 9:30am - Intermediate	(no class on Nov. 27)
Instructor: Amanda Wolf	
Functional Fitness for Older Adults – 8 weeks	Classes meet 2x/week
Price: \$170.00 New Start \$90.00 Renewal	
Monday & Wednesday: 10 -11:30am & 1-2:30pm Instructor: Britt Michel teaches 10-11:30 am class Instructor: Dana Wolford teaches 1-2:30pm class	Oct. 26 – Dec.16, 2009
Tuesday & Thursday: 10 -11:30am & 1-2:30pm Instructor: Chad Mahakian	Oct. 27 – Dec.17, 2009

Note: Pre-registration is required for all classes. Price reduced for sessions effected by holidays. 10% Discount on Pilates for UM employees, students, retirees. Call or e-mail for details and restrictions. Contact Britt at 763 – 4990 or e-mail at brittm@umich.edu to register for all classes.