

PILATES

WORKOUT PROGRAM

Taught by Mrs. Garcia

(Mrs. Garcia has been teaching dance at WCCS for the past 14 years. She is the Worship Dance Director for Bethany Church, Percussionist for the Christian Rock Band Saltwater, and teaches Pilates for both WCCS and Bethany Church.)

Classes will be offered Fridays~ 3:00-4:00pm in the Refuge

The cost is \$50 per month. The class begins the second week of school and runs through June 2011. -This program has been designed to help your student strengthen and tone their body, as well as to increase their flexibility. This is a great program for anyone planning to take dance, or sports this year. The class is available to all students looking for a great workout program.

-Students will wear comfortable clothing that allows them to stretch and work out. Shoes are not required for this class.

___ Please cut and return to the school office or at class assignment day_____

Pilates:

Student's name: _____

Parent's name: _____

Parent's phone #: _____

Grade entering this year? _____