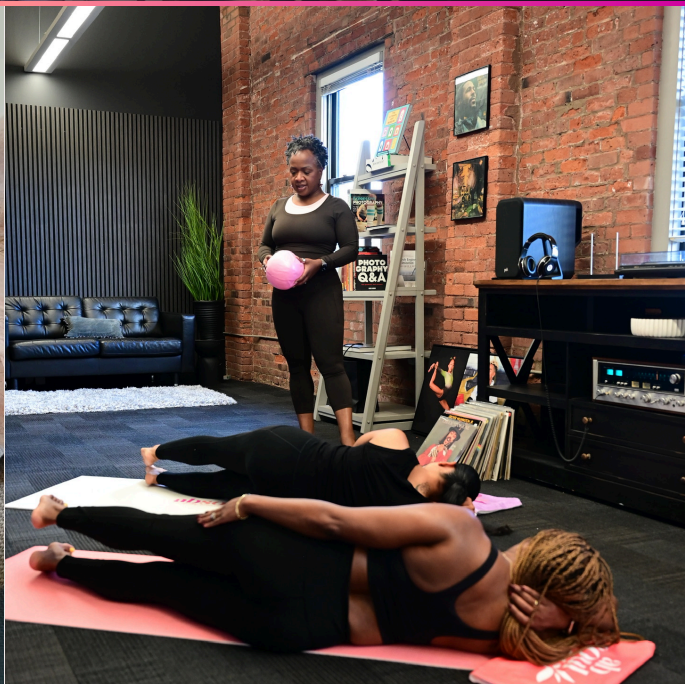


ABSOLUTELY BALANCED · WEEKLY CLASSES

Mat *Pilates*

Move with intention. Arrive in your body.



VIRTUAL · ZOOM

Saturday Morning *Online Class*

DAY & TIME

Saturdays · 7:30 – 8:20 AM ET

PLATFORM

Zoom · Link sent upon registration

IN STUDIO

Tuesday Evening *Studio Class*

DAY & TIME

Tuesdays · 6:00 – 6:50 PM ET

LOCATION

155 East Street, Suite 201 · New Haven, CT

CLASS PRICING · APPLIES TO BOTH CLASSES

DROP-IN

\$20

Per class · Pay as you go

5-CLASS PASS

\$90

\$18 per class
Save \$10

★ BEST VALUE
10-CLASS PASS

\$160

\$16 per class
Save \$40

Passes expire 90 days from issuance · Non-refundable and non-transferable · Reserve your spot in advance · Space is limited · All levels welcome

PAYMENT

Pay via Venmo to reserve your spot
[@absolutelybalanced](https://venmo.com/absolutelybalanced)

[venmo.com/u/absolutelybalanced](https://venmo.com/absolutelybalanced)

Please include: Full name · Email address · Class date
(drop-in) · Pass type (if purchasing a pass)

RESERVE YOUR MAT

**Spots are limited —
*don't wait to register.***

Choose your class. Choose your pace.

ALL LEVELS WELCOME

mindfully balanced · soulfully empowered

[@absolutelybalanced](https://www.instagram.com/absolutelybalanced)

