

**Lumina**  
at Longfellow



**REFORMER CLASSES Spring 2012!\***

**Promotional rate for new non-members and members: 5 classes for \$99 (Reg. \$125)**

**MONDAY: 10:15 am Intermediate**

**4:30 pm Essential**

**6:30 pm Essential/Intermediate**

**TUESDAY: 8:00 Athletic Conditioning**

**10:00 am Essential/Intermediate**

**11:15 am Pure Beginner/Essential**

**WEDNESDAY: 8:00 am Essential/Intermediate**

**10:30 am Essential**

**5:00 pm Essential/Beginner**

**THURSDAY: 6:30 am Essential/Intermediate**

**9:00 am Essential**

**11:30 am Jumpboard**

**6:00 pm Essential/Intermediate/Jumpboard**

**FRIDAY: 9:30 am Essential**

**10:30 am Essential/Beginner**

**SATURDAY (one per month-call Lumina for date)**

**8:00 am Intermediate Jumpboard**

**9:15 am Essential Jumpboard**

**If you are interested but do not see a class time that is good for you, let us know or get some friends to sign up with you and receive a free class for each person who purchases a 5-pack!**

*Space is limited, reserved on a first-come, first-served basis by calling Lumina at (508) 358-6022 or by emailing [luminapilates@gmail.com](mailto:luminapilates@gmail.com). Please note: Should you need to cancel your appointment, please provide the courtesy of a phone call with a minimum of 24 hours notice or you will be charged for your class. Thanks for your support!*

**\*effective February 27, 2012**