

# carbon

## Class Schedule Summer 2010

Request classes via e-mail!

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>9:00 a.m.</b>	Carbon Challenge	<b>5:30 p.m.</b>	Mat	<b>6:00 a.m.</b>	Carbon Challenge (Cardio Strength)	<b>5:30 p.m.</b>	Mat	<b>6:00 a.m.</b>	Carbon Challenge (Cardio Strength)	<b>8:30 a.m.</b>	Cardio Reformer/Strength Tower/Mat Combo	<b>7:45 a.m.</b>	Reformer Intervals
		<b>5:30 p.m.</b>	Cardio Reformer Strength Tower Combo	<b>9:30 a.m.</b>	Mat	<b>6:15 p.m.</b>	Strength Tower	<b>9:30 a.m.</b>	Mat			<b>9:15 a.m.</b>	Mat
		<b>6:15 p.m.</b>	Extreme Strength Tower	<b>4:20 p.m.</b>	Mat	<b>6:15 p.m.</b>	Intermed/Adv Sport Yoga	<b>9:30 a.m.</b>	Cardio Reformer/Strength Tower		<b>Ask us about monthly Happy Hour Events!</b>	<b>10:00 a.m.</b>	Carbon Challenge Cardio & Strength
		<b>6:15 p.m.</b>	Begin/Intermed Sport Yoga	<b>5:15 p.m.</b>	Mat			<b>4:20 p.m.</b>	Mat			<b>10:00 a.m.</b>	OPEN SEMI PRIVATE TRAINING
				<b>6:00 p.m.</b>	Mat			<b>5:15 p.m.</b>	Mat				
				<b>6:15 p.m.</b>	Spin/Tower Combo			<b>5:30 p.m.</b>	Cardio/Strength Reformer				
								<b>6:00 p.m.</b>	Advanced Mat				

# Carbon Rates & Policies

Updated February 2010

## CLASS RATES

### Mat & Yoga

Single:	\$14
8 class monthly:	\$80
Unlimited monthly:	\$94

### Apparatus

*(includes any class utilizing Cardio Reformer and/or Tower)*

Single:	\$19
4 class monthly:	\$68
8 class monthly:	\$125

**Classes are 45 minutes.**

### Package

8 Mat or Yoga + 4 Apparatus: (includes free sauna)	\$145
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### Massage

\$40 - \$130

Monday & Wednesday	10 am - 7:30 pm
Tuesday	10 am - 5:00 pm

### Infrared Sauna

Single:	\$5
6 sessions:	\$28
Unlimited monthly:	\$48

**Sauna sessions are 30 minutes.**

### New Client Package: \$25

One 45 Min Private Consultation  
One Mat Class  
One Apparatus Class  
One 30 Min Sauna

## PRIVATE TRAINING RATES

### Cadillac, Certified Instructor

Private:	\$54
4+ monthly:	\$49

### Cadillac, Master Instructor

Private:	\$64
4+ monthly:	\$59

### Semi Private: Reformer Cadillac Combo, Certified Instructor

Duet:	\$30
4+ monthly:	\$25
Triple:	\$25
4+ monthly:	\$20

### OPEN SEMI PRIVATE TRAINING \$25

### Semi Private: Reformer Cadillac Combo, Master Instructor

Duet:	\$35
4+ monthly:	\$30
Triple:	\$30
4+ monthly:	\$25

**Private training sessions are 45 minutes.**

**Want to request an additional class time?  
Please tell a Carbon team member or e-mail us,  
and we'll do our best to meet your needs.**

## POLICIES

- Private training and any class utilizing Reformer and/or Tower require a 24 hour cancellation notice.
- Mat classes and infrared sauna require a 4 hour cancellation notice.
- If you fail to cancel in time, you will be charged for the session in full.
- Changing a scheduled appointment to a different day counts as a cancellation if not done with proper notice.
- There are no refunds, but paid sessions are transferable but still expire on the original date of expiration.
- Full payment is required prior to the start of your session.
- We accept personal checks, cash and credit cards (Visa/MasterCard).
- Sessions cannot be extended if you are late or miss due to any reason except injury or death of immediate family.
- All purchases expire 30 days from date of issue, no exceptions.
- Please sign in at the desk before sessions and classes.
- Package sharing only applies to immediate family members (i.e. spouse & children)