



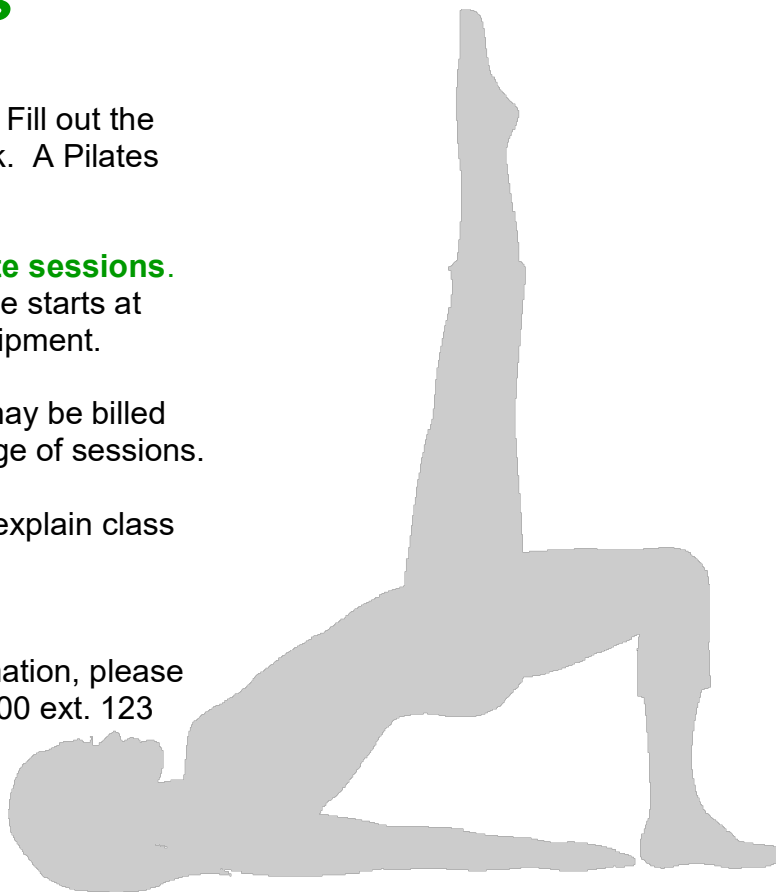
YUBA CITY RACQUET &  
HEALTH CLUB

# PILATES

## *Pathway to Pilates*

- 1) Schedule a complimentary demo.** Fill out the form below and turn in at the front desk. A Pilates instructor will call you to schedule.
- 2) Begin an intro class or take private sessions.** Pilates is taught in levels 1-4. Everyone starts at level 1. All levels are taught on all equipment.
- 3) Choose your billing option.** You may be billed monthly or pay in advance for a package of sessions.
- 4) Pricing:** Your Pilates instructor will explain class and payment options during the demo.

ADDITIONAL INFO: For further information, please contact Cyndi Shatswell at 530.673.6900 ext. 123 or [cyndi@ycrc.com](mailto:cyndi@ycrc.com).



### PILATES REGISTRATION FORM

To register for this YCRC program, please complete this registration form and drop it at the Front Desk. A YCRC Pilates instructor will contact you.

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Member Phone #: \_\_\_\_\_ Alternate Phone #: \_\_\_\_\_

Days/times best for your workout: \_\_\_\_\_ Best time to call: \_\_\_\_\_

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[ycrc.com](http://ycrc.com) (revised 1-1-14)



