

ESSEX PILATES, LLC

2 Nott Lane

Essex, CT 06426

860-767-5027

www.essexpilates.com

Mat Class Confirmation

Congratulations and welcome to ESSEX PILATES and the beginning of your Pilates experience.

This is a beginner level class, and will progress throughout the year should you decide to continue. You should wear close-fitting, exercise appropriate clothing. You can work out in socks or bare feet, but most students work bare foot. We have a changing room at the studio. Everything else you will need is provided by us, including mats and other accessories. Please make sure you have filled out and signed the "Client Information and Waiver" sheet prior to the start of your first class.

Directions: ESSEX PILATES is located just off Exit 3 of Route 9, in Downtown Essex in the rear portion of 10 Main Street.

From Middletown on Rt. 9: Take exit #3, turn left on to CT-154/Middlesex Turnpike. Make first left at light on to West Ave. Follow West Ave. to #10 Main Street. Look for Essex Pilates signs. 2 Nott Lane is located in the rear of 10 Main Street.

From I-95 on Rt. 9: Take exit #3, turn left, make first right at light on to West Ave. Follow West Ave. to #10 Main Street. Look for Essex Pilates signs. 2 Nott Lane is located in the rear of 10 Main Street.

You can also find directions on our website:

<http://www.essexpilates.com/Directions.php>

We hope you enjoy your classes at ESSEX PILATES!