

# Summer Teen Training

at

groove  
PILATES

with

# Jessica Ballonoff

## Why groove?

Safe, caring and calm studio

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Kinesiology/anatomy real talk

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Build healthy wellness routines &  
thought patterns

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Prevent injury & increase muscle  
length and strength

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Develop your mind/body  
connection

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Engage your curiosity, own your  
honesty, maximize goal  
setting/achievement & increase  
your self-confidence

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THREE DAY  
INTENSIVES

June 24-26 3-5pm

July 22-24 3-5pm

August 12-14 3-5pm

\$200

OR

SATURDAY  
CLINIC

Drop in classes

June 15, June 29, July

13, July 2, August 10

\$25/Class

Email [jess@groovepilates.com](mailto:jess@groovepilates.com) to sign up  
or call 805-845-8156 with questions



# Summer Teen Training with Jessica Ballonoff

Student Name:\_\_\_\_\_

Student Cell:\_\_\_\_\_

Student DOB:\_\_\_\_\_

Parent Name:\_\_\_\_\_

Emergency Contact Info:

Email address to be used for appointment reminders:\_\_\_\_\_

Please indicate the clinic you'd like to sign up for:

\_\_\_\_\_ INTENSIVE June 24-26, 3-5pm, \$200

\_\_\_\_\_ INTENSIVE July 22-24 3-5pm, \$200

\_\_\_\_\_ INTENSIVE August 12-14 3-5pm, \$200

\_\_\_\_\_ Keep my card on file for Saturday Drop-Ins

Please enter your CC info, or indicate if you would prefer to send your student with a check.

Name on Card\_\_\_\_\_

Card Number:\_\_\_\_\_

Exp Date\_\_\_\_\_ CW Code \_\_\_\_\_

Billing

Address:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Please sign to indicate your authorization to charge this card for the rate indicated.

Checks can be made to Groove Pilates and sent to 1235 Coast Village Road, Suite I Santa Barbara Ca 93108