



# Pilates

## Group Classes

DECEMBER 2018

*Classes run in three-, four-  
or five-week sessions.*

*Register at the front desk.*

*Drop-ins welcome on a space-available basis.*

### **Level 1**

*Recommended for students  
with little or no experience.*

### **Level 1/2**

*Recommended for students  
with some Pilates experience.*

### **Level 2**

*Recommended for students with Pilates  
experience who want to delve into  
a more advanced practice.*

### **Level 2/3**

*Recommended for advanced Pilates students.*

## Monday

6am • Mat Tower Level 2 • Pat

6:30pm • Reformer Level 2 • Pat

## Wednesday

8am • Mat Tower Level 2/3 • Pat

12:15pm • Mat Tower Level I • Pat

## Thursday

6:30pm • Reformer Level 2 • Pat

## Friday

8:15am • Reformer Level 2 • Pat

10:45am • Reformer Level 1/2 • Vicki

## Saturday

9:15am • Reformer Level 1 • Vicki