



Pilates

Group Classes

JANUARY 2019

*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
Noon • Reformer Level 1 • Susan
6:30pm • Reformer Level 2 • Pat

Tuesday

9:30am • Cardio Jump Board Level 1/2 • Abril

Wednesday

8am • Mat Tower Level 2/3 • Pat
12:15pm • Mat Tower Level 1 • Pat

Thursday

Noon • Reformer Level 1/2 • Abril
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