

PILATES DEFINED

November Group Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55am Combo Stacey		6:30-7:25am Combo Camille	6:30-7:25am Reformer Randy	6:00-6:55am Combo Stacey		
		7:30-8:25am Reformer Randy				
8:30-9:25am Reformer Randy	8:30-9:25am Combo Randy		8:30-9:25 am Reformer Randy	9:00-9:55am Reformer Mary Pat		
9:00-9:55am Combo Mary Pat	9:30-10:25am Combo Randy		9:30-10:25am Reformer Randy	10:00-10:55am Pilates Basics Mary Pat	9:30-10:25am Combo Megan	
			10:30-11:30am Advanced Combo Randy	10:30-11:25am Gyrotonic Randy		
	10:30-11:25am Pilates for Men Randy			11:30-12:25pm Gyrotonic Randy		
12:00-12:55pm Jumpboard Megan		12:00-12:55pm Jumpboard Randy			<p><u>Pilates Studio Policies:</u></p> <p>Pilates Defined classes are available to CCAC Members and Guest.</p> <p>Group classes are registered for prior to session time at www.cherrycreekclub.com through the Member Portal.</p> <p>A minimum of (3) Private sessions are required prior to Group participation. Group class participation requires Instructor approval and may not be appropriate for all clients.</p> <p>All sessions and packages have set expiration dates upon purchase.</p> <p>24 hour cancellation policy is adhered to for all sessions and appointments.</p> <p>See reverse side for class descriptions and pricing.</p> <p>Pilates Defined Studio 303-339-5648</p>	
		3:30-4:25pm Reformer Camille				
4:30-5:25pm Combo Randy	4:30-5:25pm Reformer Randy					
5:00- 5:55pm Pilates Basics Ashley			5:00-5:55pm Reformer Stacey			
	5:30-6:25pm Reformer Stacey		5:30-6:25pm Gyrotonic Celia			



www.cherrycreekclub.com
303-399-3050