



# PILATES DEFINED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55 <b>Combo</b> Stacey		6:30-7:25 <b>Combo</b> Camille	6:30-7:25 <b>Reformer</b> Randy	6:00-6:55 <b>Combo</b> Stacey		
		7:30-8:25 <b>Reformer</b> Randy				
8:30-9:25 <b>Reformer</b> Randy	8:30-9:25 <b>Combo</b> Randy	8:30-9:25 <b>Pilates Combo</b> Sandy	8:30-9:25 <b>Reformer</b> Randy	8:30-9:30 <b>Tower/Chair</b> Sandy	8:30-9:25 <b>Fundamentals</b> Sandy	
9:00-9:55 <b>Combo</b> Mary Pat	9:30-10:25 <b>Combo</b> Randy	9:30-10:25 <b>Tower/Chair</b> Sandy	9:30-10:25 <b>Reformer</b> Randy	9:00-9:55 <b>Reformer</b> Mary Pat	9:30-10:25 <b>Combo</b> Megan	9:00-9:55 <b>Combo</b> Devon
10:00-10:55 <b>Reformer</b> Devon	10:30-11:25 <b>Pilates for Men</b> Randy	10:00-10:55 <b>Reformer/Chair</b> Devon	10:30-11:30 <b>Advanced Combo</b> Randy	10:00-10:55 <b>Pilates Basics</b> Mary Pat		
11:00-11:55 <b>Pilates Basics</b> Sandy		10:30-11:25 <b>YAH Pilates</b> Sandy	12:30-1:25 <b>Reformer</b> Lexy	11:30-12:25 <b>Gyrotonic</b> Randy		
12:30-1:25 <b>Jumpboard</b> Randy	4:00-4:55 <b>Dance Reformer</b> Devon	11:30-12:15 <b>Fundamentals</b> Sandy	4:00-4:55 <b>Dance Reformer</b> Devon	11:30-12:30 <b>YAH Pilates</b> Sandy		
4:30-5:25 <b>Combo</b> Randy	5:30-6:25 <b>YAH Pilates</b> Sandy	3:30-4:25 <b>Reformer</b> Camille	5:30-6:25 <b>Fundamentals</b> Sandy			
	6:30-7:30 <b>Combo</b> Sandy		6:30-7:30 <b>Combo</b> Sandy			

**ADVANCED REFORMER:** Discover another world of Pilates exercises on this amazing apparatus. Challenge your strength, full-body integration and stamina while staying true to Pilates principles. Try the Wednesday combo class and add the Chair for added challenge!

**COMBO:** Utilize a combination of Pilates apparatus and accessories for a well-rounded workout.

**DANCE TECHNIQUE REFORMER:** Whether you used to dance, aspire to dance or simply want to move like a dancer, this class is for you! A workout full of dance-specific exercises designed to take your strength and flexibility to dancer levels!

**FUNDAMENTALS:** Learn the basics of Pilates movements and how to use the apparatus appropriately. This class is required before taking other group classes

**GYROTONIC®:** An exercise modality that guides users to simultaneously stretch and strengthen muscles and tendons while also articulating and mobilizing the joints.

**JUMPBOARD:** Designed for athletic participants looking to challenge their core and get fit, this interval class will involve cardio along with conditioning and sculpting while utilizing the Pilates apparatus.

**PILATES BASICS:** This class will take you from beginner to intermediate exercises in the Classical Style of Pilates.

**REFORMER:** Incorporate all principles of Pilates as you stretch and strengthen for a full body workout.

**TOWER/CHAIR:** Utilize the mat, tower and chair in this challenging combo style class that is sure to strengthen and lengthen the entire body.

**YAH PILATES:** A special class designed specifically for the young at heart population

**Pilates Studio Policies:**

\*You must register for group classes PRIOR to session time through your Member Portal or the app

\*Attendance at a Fundamentals class (may be more than one) or Basics is required before joining a group class. Group Class participation requires Instructor approval and may not be appropriate for all clients

\*All sessions and packages have set expirations upon purchase

\*24 Hour cancellation policy is adhered to for all sessions and appointments

	Single Sessions	6 Sessions	12 Sessions
Member	\$75	\$420	\$780
Non-member	\$80	\$450	\$840
<b>DUO</b>			
Member	\$46/person	\$264/person	\$480/person
Non-member	\$48/person	\$276/person	\$504/person
<b>Pilates Group</b>			
Member	\$30	\$162	\$300
Non-member	\$32	\$174	\$324
<b>Gyrotonic Group</b>			
Member	\$30	\$162	\$300
Non-member	\$32	\$174	\$324