



MAY PILATES DEFINED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55 Combo Stacey		6:30-7:25 Combo Camille	6:30-7:25 Reformer Randy	6:00-6:55 Combo Stacey		
		7:30-8:25 Reformer Randy				
8:30-9:25 Reformer Randy	8:30-9:25 Combo Randy	8:30-9:25 Pilates Combo Lisa	8:30-9:25 Reformer Randy			
9:00-9:55 Combo Mary Pat	9:30-10:25 Combo Randy	9:30-10:25 Tower/Chair Lisa	9:30-10:25 Reformer Randy		9:30-10:25 Combo Megan	9:00-9:55 Combo Devon
10:00-10:55 Reformer Devon	10:30-11:25 Pilates for Men Randy	10:00-10:55 Reformer-Chair Devon	10:30-11:30 Advanced Combo Randy	10:00-10:55 Pilates Basics Mary Pat		
11:00-11:55 Butts & Guts Lisa		11:00-11:55 Butts & Guts Lisa	12:30-1:25 Reformer Lexy	11:30-12:25 Gyrotonic Randy		
12:30-1:25 Jumpboard Randy				11:30-12:25 Reformer Lisa		
4:30-5:25 Combo Randy	4:00-4:55 Combo Devon	3:30-4:25 Reformer Camille				
		6:00-6:55 Combo Danielle	6:00-6:55 Combo Danielle			

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!

BUTTS & GUTS: Strengthen those tough to hit areas with this glute and abdominal focused combo Pilates class.

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

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 a nd 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. If schedule does not work, call to schedule a Fundamentals class.

*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
DUO			
Member	\$46/person	\$264/person	\$480/person
Non-member	\$48/person	\$276/person	\$504/person
Pilates Group			
Member	\$30	\$162	\$300
Non-member	\$32	\$174	\$324
Gyrotonic Group			
Member	\$30	\$162	\$300
Non-member	\$32	\$174	\$324