

AUGUST 2019

# Pilates



## Group Classes

*Classes run in three-, four- or five-week sessions. Register at the front desk. Drop-ins welcome on a space-available basis.*

### **Level 1/2**

*Recommended for students with some or no 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

## Tuesday

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

## Wednesday

8am • Mat Tower Level 2/3 • Pat  
12:30pm • Mat Tower Level 1/2 • 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 1/2 • Vicki