

# SPRING / SUMMER CLASS SCHEDULE



**pilates**  
1901

Reminder!  
You can schedule  
classes right from your phone  
through the MindBody App.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Sculpt Reformer</i> (6 - 6:50 a.m.)	<i>Power Tower</i> (6 - 6:50 a.m.)		<i>Sculpt Reformer</i> (6 - 6:50 a.m.)			
	<i>Basic Tramp</i> (6 - 6:30 a.m.)	<i>Arms &amp; Abs Mat</i> (6 - 6:30 a.m.)		<i>Basic Tramp</i> (6 - 6:30 a.m.)		
	<i>Restorative Reformer</i> (6:30 - 7 a.m.)	<i>Restorative Low IT</i> (6:30 - 7 a.m.)		<i>Restorative Reformer</i> (6:30 - 7 a.m.)		
					<i>Sculpt Reformer</i> (8:15 - 9:05 a.m.)	
<i>High / Low IT</i> (8:30 - 9:20 a.m.)	<i>Pilates Circuit</i> (8:30 - 9:20 a.m.)	<i>Fit &amp; Flips IT</i> (8:30 - 9 a.m.)	<i>Pilates Circuit</i> (8:30 - 9:20 a.m.)	<i>Restorative Low IT</i> (8:30 - 9 a.m.)	<i>Power Tower</i> (8:30 - 9:20 a.m.)	
<i>Basic Reformer</i> (9 - 9:30 a.m.)		<i>Basic Reformer</i> (9 - 9:30 a.m.)		<i>Basic Chair</i> (9 - 9:30 a.m.)	<i>Basic Mat</i> (9 - 9:50 a.m.)	<i>Basic Reformer</i> (9 - 9:30 a.m.)
<i>Power Tower</i> (9:30 - 10:20 a.m.)		<i>Sculpt Reformer</i> (9:30 - 10:20 a.m.)		<i>Power Tower</i> (9:30 - 10:20 a.m.)	<i>Basic Reformer</i> (9:30 - 10:20 a.m.)	<i>Core &amp; Restore</i> (9:30 - 10:20 a.m.)
					<i>Assesment HIIT</i> 2nd Sat/Month Only (10 - 10:30 a.m.)	<i>Pilates Circuit</i> (10 - 10:50 a.m.)
					<i>High / Low IT</i> (10 - 10:50 a.m.)	<i>Meditation</i> (10:30 - 11 a.m.)
<i>Basic Chair</i> (12 - 12:30 p.m.)	<i>Basic Reformer</i> (12 - 12:30 p.m.)	<i>Basic Chair</i> (12 - 12:30 p.m.)	<i>Basic Reformer</i> (12 - 12:30 p.m.)	<i>Sculpt Reformer</i> (12 - 12:50 p.m.)	<i>Basic Tramp</i> (10 - 10:30 a.m.)	
<i>Fit &amp; Flips IT</i> (12:30 - 1 p.m.)	<i>Basic Tramp</i> (12:30 - 1 p.m.)	<i>Restorative Reformer</i> (12:30 - 1 p.m.)	<i>Basic Tramp</i> (12:30 - 1 p.m.)		<i>Arms &amp; Abs Mat</i> (10:30 - 11:20 a.m.)	
	<i>Sculpt Reformer</i> (4:30 - 5:20 p.m.)		<i>Sculpt Reformer</i> (4:30 - 5:20 p.m.)			
<i>Basic Mat</i> (5:30 - 6:20 p.m.)	<i>Arms &amp; Abs Mat</i> (5:30 - 6 p.m.)	<i>Basic Reformer</i> (5:30 - 6 p.m.)	<i>Basic Chair</i> (5:30 - 6 p.m.)			
<i>Basic Reformer</i> (6 - 6:30 p.m.)	<i>Basic Reformer</i> (6 - 6:30 p.m.)	<i>Basic Tramp</i> (6 - 6:30 p.m.)	<i>Restorative Low IT</i> (6 - 6:50 p.m.)			
<i>Power Tower</i> (6 - 6:50 p.m.)	<i>Pilates Circuit</i> (6 - 6:50 p.m.)	<i>Power Tower</i> (6 - 6:50 p.m.)				
<i>Fit &amp; Flips IT</i> (6:30 - 7 p.m.)						

**TRY SOMETHING NEW!**  
\*Inversion Therapy Aerial Workouts are Revolutionary!  
(4) 30 Minute Private Intro Sessions are required for group classes

**KEEP IT REAL - TRACK YOUR PROGRESS**  
Assessment Prep HIIT Workout  
2nd Sat of the Month 10 - 10:30 a.m.  
Monthly Fitness Assessments  
3rd Sat of the Month 10:30 a.m. - 12 p.m.

- MAT / BASIC PACKAGE
- ALL STUDIO PACKAGE
- MINIMUM OF 8 MAT / BASIC REQUIRED TO PARTICIPATE