

OCTOBER 2009

PILATES REFORMER CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:50 Reformer Class	6:00-6:50 Reformer Class	6:00-6:50 Reformer Class	6:00-6:50 Reformer Class		
	7:00-7:50 Reformer Class	7:00-7:50 Reformer Class	7:00-7:50 Reformer Class	7:00-7:50 Reformer Class	7:00-7:50 Reformer Class	
	8:00-8:50 Reformer Class	8:00-8:50 Reformer Class	8:00-8:50 Reformer Class	8:00-8:50 Reformer Class		
		9:00-9:50 Reformer Class		9:00-9:50 Reformer Class	9:00-9:50 Reformer Class	
	10:00-10:50 Reformer Class	10:00-10:50 Reformer Class	10:00-10:50 Reformer Class	10:00-10:50 Reformer Class	10:00-10:50 Reformer Class	
			11:00-11:30 FREE Introduction Class	11:00-11:50 Reformer Class	11:00-11:30 FREE Introduction Class	
	12:00-12:50 Reformer Class	12:00-12:50 Reformer Class	12:00-12:50 Reformer Class	12:00-12:50 Reformer Class	12:00-12:50 Reformer Class	
	1:00-1:50 Reformer Class	1:00-1:30 FREE Introduction Class	1:00-1:50 Reformer Class	1:00-1:30 FREE Introduction Class		
		3:00-3:50 Reformer Class	3:30-4:20 Reformer Class	3:00-3:50 Reformer Class		
4:30-5:20 Reformer Class	4:30-5:20 Reformer Class		4:30-5:00 FREE Introduction Class			
	5:30-6:20 Reformer Class	5:15-5:45 FREE Introduction Class	5:30-6:20 Reformer Class	5:30-6:20 Reformer Class		
6:30-7:00 FREE Introduction Class	6:30-7:00 FREE Introduction Class	6:30-7:20 Reformer Class	6:30-7:00 FREE Introduction Class	6:30-7:20 Reformer Class		
7:00-7:50 Reformer Class	7:00-7:50 Reformer Class	7:30-8:00 FREE Introduction Class	7:00-7:50 Reformer Class	7:30-8:00 FREE Introduction Class		
REFORMER CLASS MUST REGISTER IN THE MEMBERSHIP OFFICE			INTRODUCTION CLASS DROP IN – FREE!			



INTERESTED IN THE PILATES REFORMER PROGRAM? JOIN US FOR AN INTRODUCTION CLASS TO TRY OUT THE EQUIPMENT AND LEARN ABOUT THE WORKOUTS. THESE CLASSES ARE ALSO REQUIRED TO REGISTER FOR A SESSION.
ALL CLASSES ARE HELD IN THE PILATES REFORMER STUDIO LOCATED BETWEEN THE WOMEN'S LOCKER ROOM AND THE PERSONAL TRAINING STUDIO