



## *NEW 2010 | Class Schedule*

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### MONDAY

8 am	Pilates Equipment Class	Lynne
9 am	Cardio, Core & Weights	Sherri

### TUESDAY

6:30 am	Pilates BOOT-Y CAMP	Suzette
9 am	Classic Pilates Mat	Katie
10 am	Pilates Equipment Class	Katie
5:30 pm	Pilates Equipment Class	Suzette

### WEDNESDAY

8 am	Pilates Equipment Class	Katie
9 am	Ballet Barre & Core	Katie

### THURSDAY

6:30 am	Pilates BOOT-Y CAMP	Suzette
9 am	Classic Pilates Mat	Katie
10 am	Pilates Equipment Class	Lynne
6 pm	Men's "Roid Rage" Pilates	All

### FRIDAY

8 am	Pilates Equipment Class	Katie
9 am	Pilates Mat & Toybox	Suzette

### SATURDAY

9 am	Power Pilates Mat	All
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*All classes one hour. Equipment Classes require Pilates experience.  
Private Pilates Reformer Training available. Prices subject to change.*

*Pilates BOOT-Y CAMP: 8-class, 4-week sessions start at the beginning of each month.  
\$120/month, pre-paid. DROP-INS: \$20/class. Class packages do not apply.*

*For more information, please call 681-4COR (4267)*

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