



Class Schedule | Summer 2010

MONDAY

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

TUESDAY

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

9 am	Classic Pilates Mat	Katie
10 am	Pilates Equipment Class	Katie
5:45 pm	Butts, Guts & Upper Cuts	Christine

FRIDAY

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

SATURDAY

9 am	Power Pilates Mat	All
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Pilates BOOT-Y CAMP – Call for more information!
(Resumes in September)

*Please respect Core's 24-hour cancellation policy.
Equipment classes require Pilates experience.
All classes 60 minutes. Prices subject to change.
For more information, please call 681-4COR (4267)*

Katie Finger Girardi | Lynne Anderson 681-4COR (4267) | workthatcore.com

The Courtyard Building - 3rd Floor Suite 306, 32 Office Park Road (across from Harris Teeter near Sea Pines front gate), Hilton Head Island, South Carolina