



## *Class Schedule*

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### MONDAY

8 am	Pilates Equipment Class	Katie
9 am	Cardio, Core & Weights	Sherrri
5:30 pm	Meditation — FREE	Patte

### TUESDAY

9 am	Classic Pilates Mat	Katie
10 am	Pilates Equipment Class	Katie
3 pm	Pilates Primer	Martha
5:30 pm	Pilates Equipment Class	Lynne

### WEDNESDAY

8 am	Pilates Equipment Class	Lynne
9 am	Ballet Barre & Core	Katie
6 pm	Men's Night By Appointment	All

### THURSDAY

9 am	Classic Pilates Mat	Katie
10 am	Pilates Equipment Class	Katie

### FRIDAY

8 am	Pilates Equipment Class	Katie
9:15 am	Creatively Classic Pilates Mat	Kaitlen

### SATURDAY

9 am	Core & More	Christine
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***CUSTOM REFORMER EQUIPMENT CLASSES  
can be arranged for your group. Call for details!***

*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](http://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