



Class Schedule | Fall 2009

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	Lynne

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

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)

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

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