



PILATES Group Classes

Spring/Summer Schedule 2008

April 13 - June 30, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mat (Jana) 10:15 - 11:10 am	**Fundamental Reformer (Ali) Pre-register 9:00 - 9:55 am	Mat (Tori) 10:15 - 11:10 am	Reformer (Helaine) 10:00 am - 10:55 am	
Reformer (Tori) 11:15 am - 12:10 pm		Reformer/Mat Combo (Jana) Pre-register 10:30a - 12:00 pm			
Mat (Tori) Pre-register 5:30 - 6:25 pm	Mat (Ali) 5:00 - 5:55 pm	Mat (Helaine) Pre-register 5:30 - 6:25 pm	Mat (Ali) 5:30 - 6:25 pm		
	Reformer (Helaine) 6:00 - 6:55 pm		**Fundamental Reformer (Ali) Pre-register 6:45 - 7:40 pm		

■ **Mat Classes** - \$3 or \$2.50 w/ 10 class card - (\$15 / non-members)

■ Reformer Classes - \$15 - (\$25 / non-members)

■ 90 Min Combo Class - \$18 - (\$35 / non-members)

NOTICE: A \$3/monthly administration fee will be added to all house accounts. Feel free to call the Pilates Room to set up an account or for more information.

****No experience necessary, but pre-registration in the entire 8 week series is required**

Private and Semi-private (Duet) training is also available. For more information call The **PILATES Room** at: (607) 330-0957

NOTE: Participation in a minimum of 6 private sessions is required before partaking in any **Reformer** class, **EXCEPT Fundamental Reformer Classes.**