

Time	Monday Studio	Monday Pool	Tuesday Studio	Tuesday Pool	Wednesday Studio	Wednesday Pool	Thursday Studio	Thursday Pool	Friday Studio	Friday Pool
9:00	Pilates Mat Leigh		Pilates Reformer Kristin, PT		Basic Pilates Mat Barb, PT		Pilates Reformer Kristin, PT			Pool Pilates Megan R, PT
9:30				Aquatic Fitness Carri, PT				Aquatic Fitness Carri, PT		
10:00	Pilates Reformer Leigh									
10:30		Aquatic Fitness Barb, PT								
11:00				Pre/Post Rehab Megan W, PT						
11:30										
12:00								Fundamentals of POOL Megan R, PT	Pilates Reformer Megan R, PT	
12:30					Fundamentals of Movement Megan R, PT					
1:00								Fees & Membership Options Drop in mat: \$15 \$14 monthly pay in advance \$10 for Medicare & Students Drop in reformer: \$25 \$21 monthly pay in advance \$21 for Medicare & Students Extra Ordinary Membership \$95/month unlimited classes \$80 for Medicare & Students <i>*excludes reformer class</i> Beyond the Ordinary \$155/month unlimited classes \$120 for Medicare & Students <i>*includes reformer</i> Personal Training \$85/ 60 minutes \$45/ 30 minutes		
1:30										
2:00										
2:30										
3:00										
3:30										
4:00										
4:30			Pilates Reformer Kristin, PT							
5:00										
5:30										
6:00					Pilates Reformer Leigh					
6:30										
7:00					Pilates Mat Leigh					
7:30										
8:00										