

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									Pilates Reformer Megan R, PT	
12:30					Fundamentals of Movement Megan R, PT					
1:00								Fees & Membership Options Drop in mat: \$18 \$17 monthly pay in advance \$14 for Seniors Drop in reformer: \$28 \$27 monthly pay in advance \$25 Seniors Extra Ordinary Membership \$115/month unlimited classes \$95 for Seniors <i>*excludes reformer class</i> Beyond the Ordinary \$200/month unlimited classes \$168 for Seniors <i>*includes reformer</i> Personal Training \$95/ 60 minutes \$48/ 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						Yoga Jenny, PT				
7:30					Pilates Mat Leigh					
8:00										