Time	Monday Studio	Monday Pool	Tuesday Studio	Tuesday Pool	Wednesday Studio	Wednesday Pool	Thursday Studio	Thursday Pool	Friday Studio	Friday Pool	Saturday Studio
9:00					**Basic Pilates Mat** Barb, PT		**Pilates Reformer** Kristin, PT			**Pool Pilates** Megan R, PT	
9:30				**Aquatic Fitness** Corinne, PT				**Aquatic Fitness** Barb, PT			
10:00						**Aquatic Fitness** Carri, PT					
10:30	Group Personal Training Barb, PT	**Aquatic Fitness** Carri , PT		**Pre/Post Rehab** Megan W, PT							
11:00											
11:30											
12:00									**Pilates Reformer** Megan R, PT		
12:30					**Fundamentals of Movement** Megan R, PT						
1:00											
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		**Yoga** Jennifer, PT				
7:30											
8:00											

Fees & Membership Options

Drop in mat, Yoga and pool: $18
$17 monthly pay in advance
$14 for Medicare
Group Personal Training $25

Drop in reformer: $28
$27 monthly pay in advance
$25 for Medicare

Extra Ordinary Membership
$115 month unlimited classes
$95 for Medicare
*excludes reformer class

Beyond the Ordinary
$200 month unlimited classes
$168 for Medicare
*includes reformer

Personal Training
$95 / 60 minutes
$48 / 30mins