

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							Pilates Reformer Kristin, PT			Pool Pilates Megan R, PT	
9:30											
10:00						Aquatic Fitness Carri, PT		Aquatic Fitness Megan W			
10:30				Aquatic Fitness Megan W							
11:00											
11:30											
12:00											
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											
6:30											
7:00							Yoga Jennifer, PT				
7:30											
8:00											

Fees

Drop in mat, Yoga and pool: \$19 / \$12 on Zoom

Drop in reformer: \$28

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