

SEPTEMBER/OCTOBER PILATES GROUP REFORMER CLASSES

At times, Instructor substitutions may be necessary.

All reformer classes are fee based. Space limited, sign up now to reserve you spot!

	Monday	Tuesday	Wednesday	Thursday	
AM	Beginner/ Intermediate Level Reformer 7:00am - 8:00am <i>Dena</i>		Intermediate Level Reformer 7:00am - 8:00am <i>Dena</i>		
7:00					
7:30					
8:00					
8:30					
9:00					
9:30	Intermediate Level Reformer 9:30am - 10:30am <i>Dena</i>	Intermediate/Advance Level Reformer ABS & Lower body 9:30am - 10:30am <i>Rocio</i>	Intermediate Level Reformer 9:30am - 10:30am <i>Dena</i>	Intermediate/Advance Level Reformer 9:30am - 10:30am <i>Rocio</i>	Beginner/ Intermediate Level Reformer 9:30am - 10:30am <i>Dena</i> 10/19 SUB TBD
10:00					
10:30	Advance Level Reformer 10:30am - 11:30am <i>Carol</i>	Intermediate Level Reformer 10:30am - 11:30am <i>Rocio</i>	Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Dena</i>	All Level TOWER 10:30am - 11:30am <i>Carol</i>	Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Dena</i> 10/19 SUB TBD
11:00					

**NEW CLASS TIMES
IN OCTOBER**



NEW CLASS



Reformer Class Cancellation Policy : Kindly give 24 hours notice if you are unable to attend your class to avoid a \$15 late cancel fee or a \$30 no show. After a grace period of 10 minutes your spot will become available for a waiting member and you will be charged with a \$30 no show fee.

All Pilates classes are 55 minutes in length. The last 5 minutes of class are reserved for cleaning the reformer and returning equipment

**** All wait list participants can be enrolled up to 1 hour before class start time****