

DECEMBER/JANUARY 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 | Friday |
|--------------|---|---|--|--|---|
| AM | | | | | |
| 7:00 | | | | | |
| 7:30 | | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | | | | | |
| 9:30 | Intermediate Level REFORMER 9:30am - 10:30am <i>Dena</i> 12/24 CLASS CANCELLED | Intermediate/Advance Level Reformer ABS & LOWER BODY 9:30am - 10:30am <i>Rocio</i> 12/25 CLUB CLOSED 1/1 CLASS CANCELLED | Intermediate Level REFORMER 9:30am - 10:30am <i>Dena</i> 12/26 CLASS CANCELLED | Intermediate/Advance Level REFORMER 9:30am - 10:30am <i>Rocio</i> | Beginner/ Intermediate Level REFORMER 9:30am - 10:30am <i>Dena</i> 12/21 - SUB CAROL |
| 10:00 | | | | | |
| 10:30 | Advance Level REFORMER 10:30am - 11:30am <i>Carol</i> 12/31- SUB DENA | All Level STRETCH & RELEASE 10:30am - 11:30am <i>Rocio</i> 12/25 CLUB CLOSED 1/1 CLASS CANCELLED | Intermediate/Advance Level REFORMER 10:30am - 11:30am <i>Dena</i> 12/26 CLASS CANCELLED | All Level TOWER 10:30am - 11:30am <i>Carol</i> | Intermediate/Advance Level REFORMER 10:30am - 11:30am <i>Dena</i> 12/21- SUB CAROL |
| 11:00 | | | | | |

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****