

JUNE & JULY 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>		Beginner/ Intermediate Level Reformer 7:00am - 8:00am <i>Dena</i>	Beginner/ Intermediate Level Reformer 7:00am - 8:00am <i>Rocio</i>	
7:00					
7:30	6/18 CLASS CANCELLED 6/25 SUB PATRICIA 7/9 CLASS CANCELLED		6/27 CLASS CANCELLED 7/4 CLASS CANCELLED 7/11 SUB ROCIO	6/21 CLASS CANCELLED	
8:00					Beginner Level Reformer 8:00am -9:00am <i>Dena</i>
8:30					6/22, 6/29, 7/6 & 7/13 CLASS CANCELLED
9:00		Intermediate/Advance Level Reformer ABS & Lower body 9:00am - 10:00am <i>Rocio</i> 6/19 SUB DENA			
9:30	All Level Reformer 9:30am - 10:30am <i>Dena</i>		All Level Reformer 9:30am - 10:30am <i>Dena</i>	Intermediate Level Reformer 9:30am - 10:30am <i>Rocio</i>	
10:00	6/18 CLASS CANCELLED 6/25 SUB PATRICIA 7/9 CLASS CANCELLED	Intermediate Level Reformer 10:00am - 11:00am <i>Rocio</i> 6/19 SUB DENA	6/27 CLASS CANCELLED 7/4 CLASS CANCELLED 7/11 SUB ROCIO	6/14 SUB CAROL 6/21 CLASS CANCELLED	
10:30	Advance Level Reformer 10:30am - 11:30am <i>Carol</i>		Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Dena</i>	Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Carol</i>	Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Dena</i>
11:00			6/27 CLASS CANCELLED 7/4 CLASS CANCELLED 7/11 SUB ROCIO	7/5 SUB ROCIO	6/29 SUB CAROL 6/22 CLASS CANCELLED 7/6 CLASS CANCELLED 7/13 SUB CAROL

***Class sign ups
available online at
OakwoodAthleticClub.com**

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****