

# 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> <b>7/9 CLASS CANCELLED</b>		Beginner/ Intermediate Level Reformer 7:00am - 8:00am <i>Dena</i> <b>7/4 CLASS CANCELLED</b> <b>7/11 CLASS CANCELLED</b>	Beginner/ Intermediate Level Reformer 7:00am - 8:00am <i>Rocio</i>	
7:00					
7:30					
8:00					Beginner Level Reformer 8:00am -9:00am <i>Dena</i> <b>7/6 &amp; 7/13</b> <b>CLASS CANCELLED</b>
8:30					
9:00		Intermediate/Advance Level Reformer ABS & Lower body 9:00am - 10:00am <i>Rocio</i>			
9:30	All Level Reformer 9:30am - 10:30am <i>Dena</i> <b>7/9 CLASS CANCELLED</b>				
10:00		Intermediate Level Reformer 10:00am - 11:00am <i>Rocio</i>			
10:30	Advance Level Reformer 10:30am - 11:30am <i>Carol</i>		Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Dena</i> <b>7/4 CLASS CANCELLED</b> <b>7/11 CLASS CANCELLED</b>	Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Carol</i> <b>7/5 SUB ROCIO</b>	Intermediate/Advance Level Reformer 10:30am - 11:30am <i>Dena</i> <b>7/6 CLASS CANCELLED</b> <b>7/13 SUB CAROL</b>
11:00					

**\*Class sign ups available online at**  
[OakwoodAthleticClub.com](http://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\***

updated 6/27