



2010 Winter Pilates Schedule

Monday	Reformer Class *	7:30 a.m.	Debbi	Pilates Studio
Monday	Reformer Class *	9:00 a.m.	Hanalaura	Pilates Studio
Monday	Pilates Essentials Mat Class	10:00 a.m.	Hanalaura	Group Fitness Studio 2
Monday	Healthy Back Reformer Class *	11:15 a.m.	Hanalaura	Pilates Studio
Monday	Reformer Class *	12:15 p.m.	Hanalaura	Pilates Studio
Tuesday	Reformer Class *	10:00 a.m.	Debbi	Pilates Studio
Tuesday	Pilates Essential Mat Class	5:00 p.m.	Wendy	Group Fitness Studio 2
Wednesday	Pilates Essentials Mat Class	9:00 a.m.	Hanalaura	Group Fitness Studio 2
Wednesday	Pilates Continuing Mat Class	10:30 a.m.	Hanalaura	Group Fitness Studio 1
Wednesday	Pilates Continuing Mat Class	6:40 p.m.	Marybeth	Group Fitness Studio 2
Thursday	Reformer Class *(2nd & 4th weeks)	6:30 p.m.	Marybeth	Pilates Studio
Friday	Equipment Circuit *	9:00 a.m.	Debbi	Pilates Studio
Saturday	Reformer Class *	8:00 a.m.	Debbi/Marybeth	Pilates Studio
Saturday	Pilates Continuing Mat Class	10:15 a.m.	Wendy	Group Fitness Studio 2

* Participants must pre-register for all Reformer Classes. Classes will not be held if there are less than two participants. Classes will be cancelled by 6:00 p.m. the night prior if there is insufficient registrants.

Pilates Essentials: A basic mat work exercise class using core body strength. Participants use their own body weight to strengthen and tone the muscles, improve movement, balance and flexibility. This is a mind-body workout where participants will purposefully practice basic concepts of pilates as a foundation from which to build. Students of all levels will benefit from this class.

Continuing Pilates: A matwork class designed for intermediate to advanced Pilates students. This class is open to those who have mastered the basics. No beginners please.