

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 a.m.						Level 3
8:30 a.m.						Level 3
9:00 a.m.	Level 2/3	Level 2 - 2/3	Level 2/3	Level 2 - 2/3	Level 2/3 - 3	Level 2 - 2/3 9:30 a.m.
10:15 a.m.	Level 3/4	Level 2	Level 3/4	Level 2	Jumpboard/ Stretch	Level 1/2 - 2 10:30 a.m.
11:30 a.m.	Level 3	Level 2/3	Level 1/2	Level 2/3	Level 1/2	
4:15 p.m.	Level 2	Level 1/2	Level 3	Jumpboard/ Stretch	Level 1/2	
5:30 p.m.	Level 3	Level 3	Level 2	Level 3		
6:30 p.m.	Level 1/2 - 2	Level 2	Jumpboard/ Stretch	Level 2		

LEVEL 1/2 – A gentle, restorative class for beginners who are tentative to exercise due to chronic pain or injury. This therapeutic movement experience combines stretching and strengthening to alleviate aches and pains, as well as tone the entire body. Perfect for osteoporosis, post-surgical, or those new to exercise.

LEVEL 2 – A fun and dynamic, mixed-level class for advanced beginner/ low intermediate clients who are looking to jump right in! Exercise variations/modifications will be taught for each level.

LEVEL 2/3 – An energizing intermediate class that incorporates fun props and fresh workouts, for those who love variety. We'll keep you moving in exciting, creative ways that will empower you with strength & control!

LEVEL 3 --A highly challenging class for those with prior Pilates experience and NO injuries. A well-rounded workout that engages the entire body and leave you feeling strong and flexible.

LEVEL 3/4 - For the advanced student with absolutely no injuries for this class. You will further your knowledge of the Pilates method while adding more balance, strength and fluidity to your practice.

JUMPBOARD/STRETCH - A fast-paced Reformer Jumpboard workout for anyone who enjoys a challenge. This cardio class will improve your strength and with lots of stretching on the equipment and mat in between!

ALL CLASSES ARE 55 MINUTES LONG—MUST SIGN UP IN ADVANCE

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