

	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 2/3	Level 2/3	Level 2/3	Level 3	Level 2/3 9:30 a.m.
10:15 a.m.	Level 3	Level 2	Level 3	Level 2	Level 3	Level 1/2 10:30 a.m.
11:30 a.m.	Level 3	Level 2/3	Level 1/2 - 2	Level 2/3	Level 1/2 - 2	
4:15 p.m.	Level 2/3	Level 1	Level 3 4:30 p.m.	Level 3	Level 1	
5:30 p.m.	Level 3	Level 3	Level 2	Level 3		
6:30 p.m.	Level 1/2 - 2	Level 2 - 2/3	Jumpboard/ Stretch	Level 2 - 2/3		

LEVEL 1 – 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.

LEVEL 1/2 – A beginning class ideal for the new student who desires a little bit more of a challenge than Level 1! You'll learn baseline exercises that will continue to build onto the next one. Perfect for 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.

JUMPCARD/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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