

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

**LEVEL 1 - (Gentle Pilates)**– A gentle, restorative class for beginners who are tentative to exercise due to chronic pain or injury. Perfect for those going through cancer treatment, those with osteoporosis, and any inactive individual looking to strengthen their body with a gentle workout.

**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 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** – This highly challenging class will continue where Level 3 lets off. You'll be expected to know the Classical Pilates repertoire with exercise names, settings, and transitions.

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

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