

	MON	TUE	WED	THU	FRI	SAT
9:00 am	High Intermediate	High Intermediate		High Intermediate	High Intermediate	High Intermediate
10:10 am	Low Intermediate	Low Intermediate	High Intermediate	Low Intermediate	High Intermediate	Low Intermediate
11:20 am		Low Intermediate	Beginning	Low Intermediate	Beginning	
4:20 pm		Low Intermediate		Low Intermediate		
5:25 pm	High Intermediate	High Intermediate	Low Intermediate	High Intermediate		
6:30 pm		Low Intermediate		Low Intermediate		

BLUE CLASSES –ideal for beginners, or those with injuries, no experience necessary

GREEN CLASSES – limited injuries, ready to jump right in, some Pilates experience preferred

RED CLASSES – a more challenging workout, no injuries, some Pilates experience preferred

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BEGINNING (55-minutes) - A restorative class ideal for the new client, those with injuries, those new to exercise, or anyone desiring a slower-paced class. We use all equipment for this class (Reformer, Tower, and Mat).

LOW INTERMEDIATE (55-minutes) – A fun and dynamic, mixed-level class for clients who are looking to build on exercises taught in the Beginning classes. Challenges/modifications will be taught in each class. We use all equipment in this class (Reformer, Tower, and Mat).

HIGH INTERMEDIATE (55 minutes) – A challenging, fast-paced class for those individuals with some Pilates experience and **NO** injuries. A well-rounded workout that engages the entire body and leaves you feeling strong, and flexible. We use all equipment in this class (Reformer, Tower, and Mat).