



## WINTER SCHEDULE 2010 v1

## Group Reformer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM Reformer Cassie	6 AM Reformer Cassie	6 AM Reformer Cassie	6 AM Reformer Cassie	6 AM Reformer Cassie	7am-10AM Open Reformer	10 AM Endurance Pilates* Hope
	10 AM Reformer Gretchen	8:15 AM Reformer Hope	10 AM Reformer Jen		10 AM Endurance Pilates* Jen	
NOON Reformer Jen		NOON Reformer Hope		NOON Reformer Jen		
7pm-10pm Open Reformer	6 PM Reformer Nicole	7 PM Reformer Hope	8pm-10pm Open Reformer	3p-9p Open Reformer	1p-6p Open Reformer	1p-6p Open Reformer

All classes are 60 minutes in length, except for Endurance Pilates.  
Endurance Pilates classes are 90 minutes in length.

Reformer sessions are available in single, five, or ten packages. A package MUST BE purchased PRIOR to making a reservation for group, private, or introductory sessions. Sessions may be scheduled by stopping by at the front desk, calling 272.2345, or using our on-line program, MINDBODY, right from our website.

An introduction to Reformer Pilates is necessary before participation in group classes. The introductory package consists of 2 private or semi-private one hour sessions that are scheduled by contacting Heather Spille at the front desk, or e-mailing revolution2@fuse.net.

If two or more people would like a group class at an unscheduled time we will be happy to accommodate you, however both must attend to avoid being charged for a private session.

Reservations must be made 1 hour PRIOR to class.

### OPEN REFORMER

**The fee for Open Reformer sessions is \$15 per hour and sessions are taken at your own risk (no instructor is present). Prerequisites for scheduling Open Reformer sessions are completion of introduction sessions and 10 group classes. Stop by the front desk or call for availability to schedule your sessions.**

Reservations for all classes are required and cancellations must take place at least 24 hours prior to class to avoid being charged for the class.