

Mat Classes



August 2017



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early			Sunrise Pilates (7:30 am) ☺ (Brenda)		Healthy Spine (7:30 am) ☺/♥ (Brenda)		
	BOSU & Balls (9:00 am) ☺ (Sarah)	Arc Barrel (9:30 am) ♦/☺ (Jenn)				TRX & Tabata!** (9:00 am) ♦ (Matt)	Pilates & Props (9:30 am) ☺ (Lesley/Patty)
Before Lunch			Kind & Gentle (10:15 am) ♥♥ (Sarah)			Pilates & Props (10:15 am) ☺ (Ella)	
Midday		Strength & Balance (12:15 pm) ☺/♥ (Jaime)			Strength & Balance (12:15 pm) ☺/♥ (Sarah)		
	Gentle OsteoPilates (1:30 pm) ♥ (Sarah/Danielle)			Gentle OsteoPilates (1:30 pm) ♥ (Ella/Terril)			
Early Eve	Basic Pilates! (4:30 pm) NEW! ♥/☺ (Mere)	BOSU & Springs** (4:30 pm) ☺ (Ella/Liz)	Pilates & Props (3:30 pm) ☺/♥ (Ella/Danielle)	Pilates & TRX (4:30 pm) ☺/♦ (Ella/Jenn)			
Evening		C.O.R.E! (5:40 pm) ♦ (Lesley)	Strength & Stretch (5:40 pm) ♥/☺ (Danielle)				

All Classes 55 Minutes

♥ Gentle/Easy

☺ All Levels

♦ Intermediate/Advanced*

Mat Class Rates:

\$16 per class; 10 for \$135; 5 for \$75.

\$8 per class for Teens.

Class punch cards expire after 4 months.

(*Please consult with studio before joining Advanced classes)

Unlimited Mat Membership!

Unlimited Mat classes

Only \$110 (+s/t) per month *

*6 month minimum required.

Class Registration:

All classes can be reserved

online at www.mindbodyonline.com

or through the mindbody app.

- ☀ Summer Challenge is ON!
- ☀ Studio Party Aug 6!
- ☀ Check out New Client Specials
- ☀ Free TRX Intro Aug 13 @ 10:30am
- ☀ Free Mat Intro Aug 20 @ 10:45am



Reformer/TRX Series



August 2017



Time	Mondays (4 weeks)	Tuesdays (5 weeks)	Wednesdays (5 weeks)	Thursdays (5 weeks)	Fridays (4 weeks)	Saturdays (4 weeks)
Morning	Mindful (9:00 am) Instructor: Liz	Intermediate (9:30 am) Instructor: Kate/Ella	Mindful (9:00 am) Instructor: Jaime	Intermediate (9:30 am) Instructor: Jenn	Essential (9:00 am) Instructor: Kate/Ella	
	★ Mindful (10:45 am) NEW! Instructor: Danielle ★			Power (10:45 am) Instructor: Jenn	Essential + (10:05 am) ON HOLD Instructor: Ella/Liz	CardioJump!* (10:15 am) Instructor: Danielle
		Mindful (11:00 am) Instructor: Jaime			Essential (11:10 am) Instructor: Liz	
Midday	Essential (12:00 pm) Instructor: Danielle		Essential (12:30 pm) Instructor: Ella			
	Intermediate (1:30 pm) ON HOLD Instructor: Ella	CardioJump!* (1:30 pm) Instructor: Ella				
	★ Fit Club! (2:30 pm) NEW! ◆ Instructor: Jenn ★					
Early Eve	Essential + (4:30 pm) Instructor: Terril/Jenn		Essential + (4:30 pm) Instructor: Danielle			
Evening	PureTRX!** (5:45 pm) Instructor: Matt	Power (5:45 pm) Instructor: Liz	Intermediate (5:45 pm) Instructor: Liz	Power (5:45 pm) NEW TIME! Instructor: Jenn/Ella		



Please Note: Clients **MUST** have 1 Private lesson or Reformer experience to join a series. Early registration is **required**.

Reformer/TRX Series Rates:

1 Class – \$25
4 Week Series – \$80
10x Jump Card – \$230
Teens – \$15 per class

Ultimate Reformer/TRX/Mat Pilates Membership!

2 Reformers/TRX per week + **Unlimited** Mat classes
Only \$175 (+s/t) per month.*

*6 month minimum required.

Class Registration:

All classes can be reserved online at www.mindbodyonline.com or through the mindbody app.

*CardioJump! classes—not recommended for those with chronic knee, back, or neck issues.

**Indoor footwear recommended

