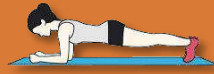





Mat Classes



October 2017



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

\$9 per class for teens (10 for \$80)

Class punch cards expire after 4 months.

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.

STUDIO UPDATES

- Join or Volunteer for our RLAG team (Oct 7)!
- Joy Book Club – October 1 @ 5:30pm
- Free Mat Intro – October 1 @ 10:45am
- Free TRX Intro – October 8 @ 10:45am
- Check studio for Back-2-School Specials

*(Please consult with studio before joining Advanced classes)





Reformer/TRX Series



October 2017



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

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.

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

**Indoor footwear recommended

