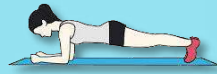


Mat Classes



December 2017



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early	AM Power! ♦ (7:00 am)** (Matt)		Sunrise Pilates (7:30 am) ☺ (Brenda)	AM Power! ♦ (7:00 am)** (Matt)	Healthy Spine (7:30 am) ☺/♥ (Brenda)		
						TRX & Tabata! (9:00 am)** ♦ (Matt)	Pilates & Props (9:30 am) ☺ (Lesley/Patty)
Before Lunch	Pilates Flow (10:15 am) ☺ (Sarah)		Kind & Gentle (10:15 am) ♥♥ (Sarah)		Ball & Barre! (10:15 am) ☺ (Sarah)	Pilates & Props (10:15 am) ☺ (Rotating)	
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 (4:35 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) ♥/☺ (Rene)				

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

- Bring a toy or donation for NWYS Kids!
- Joy Book Club (*Beartown*) – Dec 10
- Free TRX Intro – Dec 10 @ 10:45am
- Give the Gift of Pilates this Holiday season with Joy Gift Certificates!

*(Please consult with studio before joining Advanced classes)



Reformer/TRX Series



December 2017

Time	Mondays (4 weeks)	Tuesdays (4 weeks)	Wednesdays (4 weeks)	Thursdays (4 weeks)	Fridays (5 weeks)	Saturdays (5 weeks)
Morning					Essential + (8:00 am) Instructor: Hannah	
	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 (9:05 am) Instructor: Hannah	
	Essential (10:45 am) Instructor: Danielle			Intermediate (10:45 am) Instructor: Jenn	Essential + (10:10 am) Instructor: Hannah/Liz	CardioJump! (10:15 am)* Instructor: Rotating
		Mindful (11:00 am) Instructor: Jaime	Essential + (11:30 am) Instructor: Jenn		Mindful (11:15 am) FULL Instructor: Liz	
Midday	Essential (12:00 pm) Instructor: Danielle		Essential (12:35 pm) Instructor: Ella			
	Intermediate (1:15 pm) Instructor: Ella	CardioJump! (1:30 pm)* Instructor: Ella				
	Fit Club! ♦ (2:30 pm)** Instructor: Jenn					
Early Eve	Essential + (4:30 pm) Instructor: Terril	Reformer (4:30 pm) NEW! Starting in January!	Essential + (4:30 pm) Instructor: Danielle			
Evening	TRXPower! ♦ (5:45 pm)** Instructor: Matt	Intermediate (5:45 pm) Instructor: Liz	Intermediate (5:45 pm) Instructor: Danielle	Power (5:45 pm) FULL 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.

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

**Indoor footwear recommended

