

MAY one more month to go until summer

Reserve online

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM – 9:00 AM	Power Yoga	Zumba®	Circuit Playground	Cardio Funk	Ballet Barre	Circuit Playground
9:00 AM – 9:30 AM	TOWER Fun	Fitness Trampoline	CHAIR Fun	Pilatesstick®	JUMP BOARD Fun	CLARA'S Choice
	CHAIR Core	9:00am - 10:00am JOE'S Choice Beyond Cardio	REFORMER Core	9:00am - 10:00am JOE'S Choice Beyond Cardio	CHAIR Cardio	Fitness Trampoline
9:30 AM – 10:00 AM	CHAIR Fun		REFORMER Fun		CHAIR Fun	REFORMER Core
	MAT Core	REFORMER Fun	CHAIR Core	Pilates Arc®	REFORMER Cardio	Pilates Arc®
10:00AM - 10:30AM	TOWER Fun	JUMP BOARD Fun	CHAIR Fun	MAT Fun	JUMP BOARD Fun	CLARA'S Choice
	Stability Ball	Pilatesstick®	Props	Stability Ball	Pilates Arc®	Stability Ball
10:30 AM - 11:00 AM		FREE ORIENTATION Pilates 101	\$99 one month only unlimited pilates and fitness classes			Pilatesstick®
11:00 AM - 11:30 AM						REFORMER Core
11:30 AM - 12:00PM						Props
12:00 PM - 12:30 PM	TOWER Fun	CLARA'S Choice	REFORMER Fun	CLARA'S Choice	MAT Fun	FREE ORIENTATION Pilates 101
12:30 PM - 1:00 PM	CLARA'S Choice	FEET FIRST - Prep	Props	INSIDE OUT - Prep	CLARA'S Choice	
1:00 PM - 1:30 PM	REFORMER Core	JUMP BOARD Fun	TOWER Core	MAT Fun	REFORMER Core	} FREE IN MAY
	Pilatesstick®	Pilates Arc®	Fitness Trampoline	Fitness Trampoline	Pilatesstick	
1:30 PM - 2:00 PM	Fitness Trampoline	CHAIR Core	Pilates Arc	Props	CHAIR Fun	
2:00 - 4:45 PM	Members Only - Open Studio Time					
4:45 PM - 5:15 PM	Pilatesstick®	Fitness Trampoline	Pilates Arc®	Stability Ball	Props	
5:15 PM - 5:45 PM	REFORMER Core	TOWER Core	JUMP BOARD Cardio	CHAIR Core	Pilatesstick®	
5:45 PM - 6:15 PM	Circuit Express	Circuit Express	Fitness Trampoline	Fitness Trampoline	Circuit Express	
6:15 PM - 6:45 PM	TOWER Fun	MAT Core	JUMP BOARD Fun	JOE'S Choice		
6:45 PM - 7:15 PM	REFORMER Fun	CHAIR Core	CHAIR Fun	TOWER Core		

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Dotted line Two different classes running during the same time period
 UPPER case Classical Pilates on apparatus including Joe's Choice and Clara's Choice
 Italics Recommended for those new to Pilates and in good physical condition.
 Shoes required for Circuit Playground and Fitness Trampoline classes.



No. of Memberships at \$99 _____ Total _____ Check Number _____ Cash Deposit

Name on Card _____

Billing Address (if paying with cc) _____ Phone No. _____

Credit or Debit Card No. _____ Exp. Date _____ CCV _____

Signature _____

I grant permission for payment to be processed.