



2012 WINTER PILATES SCHEDULE

Monday	Equipment Class*	7:30 a.m.	Debbi	Pilates Studio
Monday	Pilates Essentials Mat Class	10:00 a.m.	Debbi	Group Fitness Studio 2
Monday	BEGINNING Equipment Class*	5:00 p.m.	Debbi	Pilates Studio
Tuesday	Equipment Class*	10:00 a.m.	Debbi	Pilates Studio
Tuesday	BEGINNING Equipment Class*	11:00 a.m.	Deb	Pilates Studio
Wednesday	Pilates Essential Mat Class	9:00 a.m.	Pat	Group Fitness Studio 2
Wednesday	Pilates Continuing Mat Class- Must sign up at front desk in book.	6:40 p.m.	Marybeth	Pilates Studio 8 Max.
Thursday	Equipment Class* (2nd & 4th weeks)	6:30 p.m.	Marybeth	Pilates Studio
Friday	Equipment Circuit*	9:00 a.m.	Deb	Pilates Studio
Friday	Senior/BEGINNING Equipment Class	10:00 a.m.	Deb	Pilates Studio
Saturday	Equipment Class*	8:00 a.m.	Marybeth	Pilates Studio
Saturday	Pilates Continuing Mat Class	10:10 a.m.	Mary P.	Group Fitness Studio 1

* Participants must pre-register for all Reformer Classes. Classes will not be held if there are less than two participants. Classes will be cancelled by 6:00 p.m. the night prior if there are insufficient registrants.

Pilates Essentials:

A basic mat work exercise class using core body strength. Participants use their own body weight to strengthen and tone the muscles, improve movement, balance and flexibility. This is a mind-body workout where participants will purposefully practice basic concepts of pilates as a foundation from which to build. Students of all levels will benefit from this class.

Continuing Pilates:

A mat work class designed for intermediate to advanced Pilates students. This class is open to those who have mastered the basics. No beginners please.