

# Pilates **Tower** Classes



**Tower Class Training** is a 45 minute class that takes place in the Pilates Studio and includes many of the exercises found in a mat class, but are performed with the assistance of straps and springs attached to the mat or table. Focus is on the Pilates breath and specifically what each exercise is targeting and where you should be feeling it. Pilates Tower classes are a good introduction to Pilates or as a way to improve your Pilates skills in general.

## Weekly Tower Class Schedule

Tuesday 10:00-10:45am  
Debbi

Thursday 9:00-9:45am  
Debbi

Saturday 8:00-8:45am  
Staff

Tuesday 4:30-5:15pm  
Debbi

Thursday 10:00-10:45am  
Debbi

Saturday 9:00-9:45am  
Staff

Wednesday 6:30-7:15am  
Debbi

Every other Friday 9:00-9:45am  
Debbi

A minimum of 2 participants is necessary to hold the class, cost \$15/person.  
To register, please email the instructor that you will be coming.

Debbi Krieger | [kriegerd@lclub.com](mailto:kriegerd@lclub.com)

Mary Beth Ponzo | [ponzomb@lclub.com](mailto:ponzomb@lclub.com)