

# OCTOBER 14TH- 31ST PILATES GROUP REFORMER CLASSES

*At times, Instructor substitutions may be necessary.*

*All reformer classes are fee based. Space limited, sign up now to reserve your spot!*

|            | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|------------|--|--|---|---|--|
| AM<br>7:00 |  |  |   |   |  |
| 7:30       |  |  |   |   |  |
|            |  |  |   |   |  |
| 9:30       | <b>Intermediate Level<br/>REFORMER</b><br>9:30am - 10:30am<br>Dena | <b>Intermediate/Advance<br/>Level Reformer<br/>ABS &amp; LOWER BODY</b><br>9:30am - 10:30am<br>Rocio | <b>Intermediate Level<br/>REFORMER</b><br>9:30am - 10:30am<br>Dena          | <b>Intermediate/Advance<br/>Level REFORMER</b><br>9:30am - 10:30am<br>Rocio | <b>Beginner/ Intermediate<br/>Level REFORMER</b><br>9:30am - 10:30am<br>Dena |
| 10:00      |  |  |   |   |  |
| 10:30      | <b>Advance Level<br/>REFORMER</b><br>10:30am - 11:30am<br>Carol    |  | <b>Intermediate/Advance<br/>Level REFORMER</b><br>10:30am - 11:30am<br>Dena | <b>All Level<br/>TOWER</b><br>10:30am - 11:30am<br>Carol                    | <b>Intermediate/Advance<br/>Level REFORMER</b><br>10:30am - 11:30am<br>Dena  |
| 11:00      |  |  |   |   |  |
|            |  |  |   |   |  |
| 5:45pm     |  |  |   |   |  |
| 6:15pm     |  |  |   |   |  |

**Reformer Class Cancellation Policy:** Kindly give 24 hours notice if you are unable to attend your class to avoid a \$15 late cancel fee. Cancelling within 1 hour of class, or do not show, it is a \$30 no show fee. After a grace period of 10 minutes your spot will become available for a waiting member and you will be charged with a \$30 no show fee.

*\*All Pilates classes are 55 minutes in length. The last 5 minutes of class are reserved for cleaning the reformer and returning equipment\**

***\* All wait list participants can be enrolled up to 1 hour before class start time\****