

# DECEMBER 1ST- DECEMBER 15TH 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 7:00					
7:30					
9:30	<b>Intermediate Level REFORMER</b> 9:30am - 10:30am <i>Dena</i>	<b>Intermediate/Advance Level Reformer ABS &amp; LOWER BODY</b> 9:30am - 10:30am <i>Rocio</i>		<b>Intermediate/Advance Level REFORMER</b> 9:30am - 10:30am <i>Rocio</i>	
10:00					
10:30	<b>Advance Level REFORMER</b> 10:30am - 11:30am <i>Carol</i>		<b>Intermediate Level REFORMER</b> 10:00am- 11:00am <i>Dena</i>	<b>All Level TOWER</b> 10:30am - 11:30am <i>Carol</i>	<b>Intermediate/Advance Level REFORMER</b> 10:00am-11:00am <i>Dena</i>
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\****