

JULY 8th- 14th PILATES GROUP REFORMER CLASSES

At times, Instructor substitutions may be necessary.

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
7:00					
7:30					
9:30		Intermediate/Advance Level Reformer ABS & LOWER BODY 9:30am - 10:30am <i>Rocio</i>		Intermediate/Advance Level REFORMER 9:30am - 10:30am <i>Rocio</i>	Beginner/Intermediate Level REFORMER 9:30am- 10:30am <i>Dena</i>
10:00					
10:30	Advance Level REFORMER 10:30am - 11:30am <i>Carol</i>			All Level TOWER 10:30am - 11:30am <i>Carol</i>	Intermediate/Advance Level REFORMER 10:30am - 11:30am <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****