



RESET

PILATES & FUNCTIONAL STRENGTH TRAINING

*Stronger
Healthier
More You*

WEEKLY CLASS SCHEDULE

MONDAY

11:45 AM Pilates class
4:15 PM Pilates class
5:00 PM Pilates class **NEW**
5:45 PM Functional Strength training

TUESDAY

2:00 PM Pilates class
4:15 PM Pilates class
5:15 PM Pilates class
6:00 PM Pilates class
6:45 PM Pilates class **NEW**

THURSDAY

2:00 PM Pilates class
4:15 PM Pilates class
5:15 PM Functional Strength training
6:00 PM Pilates class

FRIDAY

11:00 AM Pilates class **NEW**
11:45 AM Pilates class

SATURDAY

8:30 AM Pilates class
9:15 AM Pilates class
10:00 AM Pilates class
10:45 AM Functional Strength training

WEDNESDAY

*No Classes
Scheduled*

SUNDAY

*No Classes
Scheduled*



PILATES



FUNCTIONAL STRENGTH

YOUR BEST MOVEMENT
STARTS HERE

