



Studio Schedule

September 6– October 30, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am Sm Grp 8:30 am Sm Grp 9:30 am MIXED MAT 10:30 am Intro to Pilates 2nd/4th Mon of Month 4:45 pm Sm Grp 5:45 pm Sm Grp 5:45pm TURBO KICK 7:00 pm MAT II	7:30 am Sm Grp 8:30 am ADV MAT 9:30 am Sm Grp 5:45 pm Sm Grp 5:45pm Yoga Lite 7:00 pm MAT I 8:00 pm ADV Sm Grp	7:30 am PRIVATE 8:30 am Train w/Trainer 9:30 am MAT I 5:45 pm JUMPBOARD 5:45 pm Beginning Yoga 7:00 pm MAT II 8:00 pm Intro to Pilates 1st/3rd Wed of Month	7:30 am Sm Grp 8:30 am Sm Grp 8:30 am Mat I 9:30 am Sm Grp 5:30 pm MAT II 6:30 pm MAT I 7:00 pm Yoga Practice 7:30 pm Sm Grp	7:30 am Train w/Trainer 8:30 am ADV Sm Grp 9:00 am Yoga Lite 9:30 am Sm Grp 10:30 am Sm Grp 5:15 pm Sm Grp <div style="border: 1px dashed black; padding: 5px; text-align: center;"> Back Problems? Ask about our “Low Back Recovery Program” & see improvement fast. </div>	8:00 am Mixed Mat 9:00 am Sm Grp <div style="text-align: center; border-top: 1px solid black; border-bottom: 1px solid black;"> SUNDAY </div> 6:00 pm Yoga Practice

Intro to Pilates=a beginning mat class designed for those with health/injury concerns. (incl. backs/shoulders/necks) **MAT I** = Beginning level Pilates mat class **MIXED MAT** = Level I & II combined **MAT II** = Intermediate level Pilates class based on fundamentals of MAT I **ADV MAT** =A comprehensive class based on foundations built in Mat I & II. **Sm. Grp** = Small Group Reformer **Jumpboard** = A Intermediate level small group class with a cardio twist. **Train w/Trainer** = Come work out with one of our trainers. This is a guided work out along side our training staff. **TurboKick** = An explosive cardio class to burn fat and calories. All fitness levels welcome. **Yoga Lite** =a gentle practice for students w/some experience **Yoga Practice** =active class for student w/understanding of poses & terminology **Mixed Yoga** = all students who have yoga experience-class format will vary week to week. **Beginner Yoga**= a wonderful place to start your journey learning the poses & terminology of yoga.

STUDIO POLICIES

(The following policies are in effect to provide you the most comfortable surroundings possible. Please ask if you have any questions.)

1. ALL REFORMER CLASSES MUST BE CANCELLED AT LEAST 8 HRS. IN ADVANCE TO AVOID LOSING A SESSION.
2. All Yoga & Pilates MAT classes must be used with-in their session/expiration.
3. All Reformer packages have 90 or 180 day expiration
4. Classes & Times subject to change without notice.
5. Please refrain from eating and smoking for AT LEAST 2 hours prior to class.
6. Refrain from chewing gum in class.
7. Practice in bare feet (or toe sox) and comfortable clothing.