

“From the Core” Pilates ~ Fitness ~ **GROUP CLASS SCHEDULE**

	Mon	Tues	Wed	Thurs	Fri	Sat
6:00 AM	<i>Reformer (Janey)</i>	-	-	-	-	
9:00 AM	<i>Reformer</i>	<i>Strength Training (Karen)</i>	<i>Reformer</i>	<i>Reformer</i>	<i>Reformer (Karen)</i>	
10:00 AM	-	<i>“Gentle” Reformer</i>	-	<i>“Gentle” Reformer</i>	-	
10:30 AM	-	-	-	-	-	<i>Reformer (Nancy/ Ramona)</i>
4:15 PM	<i>Reformer</i>	-	<i>Reformer</i>	<i>Reformer</i>	-	
5:30 PM	<i>Reformer</i>	-	<i>Reformer</i>	<i>Mat/Reformer</i>	-	
6:00 PM	-	<i>Reformer (Ramona)</i>	-	-	-	

*Except where noted, all classes are taught by Nancy.