



**GROUP CLASS SCHEDULE ( NOVEMBER 13, SIX WEEKS)**

**48 SW Albany Avenue, Stuart, FL 34994**

**DAWN TAYLOR 772-781-8800**



<b>MONDAY</b>	<b>9:00</b>	<b>REFORMER+</b>	<b>6:00</b>	<b>MAT &amp; PROPS</b>
<b>TUESDAY</b>	<b>8:30</b>	<b>MAT (PILATES BALLS &amp; BANDS)</b>	<b>5:00</b>	<b>MAT &amp; PROPS</b>
<b>WEDNESDAY</b>	<b>9:00</b>	<b>REFORMER+</b>	<b>6:00</b>	<b>MAT &amp; PROPS</b>
<b>THURSDAY</b>	<b>8:30</b>	<b>MAT (FLOW PILATES)</b>	<b>6:00</b>	<b>PILOGA</b>
<b>FRIDAY</b>	<b>10:00</b>	<b>REFORMER+</b>		

**REFORMER+ CLASSES USE ALL STUDIO APPARATUS– REFORMERS, CADILLAC, CHAIR, & PROPS (DAWN)**

**PILATES MAT & PROPS (TOTAL BODY BLAST WITH BANDS, BALLS, MAGIC CIRCLES ) (DAWN)**

**PILATES BALLS & BANDS ( LOCATE YOUR POWERHOUSE TO STRENGTHEN, STRETCH & STABILIZE (JAN)**

**FLOW PILATES ( FLOWING POWER, STRETCH, & BALANCE UNITE THE PILATES CORE WITH BREATH (JAN)**

**PILOGA (ALTERNATE BETWEEN PILATES & YOGA FOR THE ULTIMATE MIND–BODY WORKOUT (JAN)**

**RATES: ( \$20 ALL GROUP MAT CLASSES PREPAID ON A SIX WEEK BASIS) (50 minutes)**

**( \$35 REFORMER + CLASSES PREPAID ON A SIX WEEK BASIS) (50 minutes)**

**MEMBERSHIP DUES: \$40 ONE TIME PILATES FITNESS MEMBER FEE**

**STUDIO GUIDELINES: BRING : Water, Towel, and Mat for group classes**

**ATTIRE : Comfortable stretchy attire, clean bare feet or socks**

**ARRIVAL : On the hour, the door will be opened for group class setup**

**REMEMBER : Cell phones off, Avoid Perfumes, Shoes off at the door**

**ADMISSION : Private Lesson required for Group admission. Individuals must be healthy to enroll.**

**GROUPS : Preregistration required, Call for Walk–In Space permitting, Enrollment holds your space in class. Note– No refunds will be available for classes after enrollment.**



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