

# *Pilates Studio Classes*

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>7:00a</b>		<b>Pilates Equipment (Shelly J)</b>				
<b>8:00a</b>			<b>Pilates Equipment (Shelly J)</b>			
<b>9:00a</b>	<b>Pilates Equipment (Shelly J.)</b>	<b>Pilates Equipment (Shelly J.)</b>	<b>Pilates Equipment (Shelly J.)</b>	<b>Pilates Equipment (Shelly J.)</b>		
<b>10:00a</b>	<b>Pilates Equipment (Shelly J.)</b>		<b>Pilates Equipment (Shelly J.) (10:15)</b>	<b>Pilates Equipment (Shelly J.)</b>	<b>Pilates Equipment (Shelly J.)</b>	
<b>11:00a</b>						
<b>12:00p</b>	<b>Pilates Equipment (Shelly J.)</b>		<b>Pilates Equipment (Shelly J.)</b>		<b>Pilates Equipment (Shelly J.)</b>	
<b>4:30p</b>						
<b>5:30p</b>	<b>Pilates Equipment (Shelly J.) (6:00)</b>		<b>Pilates Equipment (Shelly J.)</b>	<b>Pilates Equipment (Shelly J.)</b>		

## ***Pilates***

### **Pilates Equipment**

*Enjoy group classes on our **NEW** Balance Body Reformers and Chairs. Experience singular methods of exercise that help today's fitness enthusiasts and athletes achieve new levels of performance. We offer both group settings as well as private and duet settings within our new Pilates studio.*

### **Silver Straps**

*This class focuses on total body strength, alignment, and core work that will leave you ready to take on the day. This class illuminates exercises that include kneeling or extreme wrist flexion like in planking. Come and try this new format to challenge yourself and your body.*

### **Pilates Stretch and Balance**

*This course is dedicated to the beginners in Pilates Equipment as well as those who may need a slower paced course to build up their stamina and flexibility. With balance work and stretching this class offers many modifications to allow for the best workout that fits your body's needs.*

**New to Pilates? Please contact us to set up a one-time introduction to Pilates session. This session will help you see the benefits that Pilates can have for your body.**

Don't forget, all first time private Pilates clients receive a one time 25% off their first private or duet Pilates session purchase.