

Pilates Mat, Tower & Reformer Class Schedule

Barbara Place, Director

Effective from 9/1/10 to 9/30/10

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<u>8:00 am</u>			Tower I (50) P Jennylee				
<u>9:00 am</u>	Pilates of the Barre I (50) A Barbara		<u>8:45am</u> Mat B/I (45) A Christine		Tower I/A (50) P Barbara		
<u>9:00 am</u>	Tower I (50) P Suzanne	Reformer I/A (50) P Barbara	Tower I (50) P Suzanne	Arc Barrel/Tower I (50) P Barbara	<u>10:00</u> Arc Barrel/Tower B/I (50) P Jennylee	<u>9:30</u> Tower B/I (50) P Suzanne	<u>9:15</u> Ballet Bar Body Sculpt (50) Kate A
<u>10:00 am</u>		Reformer I(50) P Jennylee		<u>10:30</u> Mat I/A (50) C Barbara	Reformer I (50) P Barbara		<u>10:30</u> Mat I (50) C Kate
							B=Beginner I=Intermed A=Advanced
<u>5:30</u>			Ballet Bar Body Sculpt (50) A Kate				
Instructor and schedule are subject to change without notice.							

Studio

A=Studio A
C=Studio C
P=Pilates
(Minutes)
* Call 377-1900 to
Sign- up

“Pilates will improve your posture, correct muscular imbalance, center your concentration, lengthen and strengthen your muscles, work your powerhouse, relieve incontinence, enhance your lung capacity, & stretches your spine”.

Yours in good health, Barbara

Please feel free to call Barbara @ 973-377-1900 x 40 with any questions and to sign up for studio classes.

Instructors - ★ Cheryl Riker ★ Christine Boyer ★ Barbara Place ★
★ Jennylee Cunningham ★ Suzanne McShane ★ Kate Hewson