



# RED HAWK

## SWIM & FITNESS

### PILATES IN STUDIO 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10am	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana		
6:10am	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana	Reformer Pilates Diana (6:15am)	
7:10am	Reformer Pilates Diana	Reformer Pilates Diana (ends 2/8)	Reformer Pilates Diana	Reformer Pilates Diana (ends 2/10)	Reformer Pilates Diana (7:15am)	Reformer Pilates Diana (7:15am)	
8:30am			Reformer Pilates Alheli		Reformer Pilates Alheli	Reformer Pilates Diana	Reformer Pilates Gloria (8:00am)
9:30am	Reformer Pilates Alheli		Reformer Pilates Alheli		Stretch & Recovery Pilates Alheli		
10:30am	Stretch & Recovery Pilates Alheli	Senior Pilates Jamie	Stretch & Recovery Pilates Alheli	Senior Pilates Jamie			
4:00pm			Reformer Pilates Alheli	Reformer Pilates Alheli			
5:00pm			Reformer Pilates Alheli	Reformer Pilates Alheli			
6:15pm		Reformer Pilates Gloria					

**REFORMER PILATES** - Appropriate for all levels. These classes are designed to improve core strength and stability, heighten body awareness, and develop lean and toned muscles. These classes combine props and exercises for a full-body Pilate's workout. Reformer Pilates helps improve range of movement, increase coordination, and boost stamina.

**STRETCH & RECOVER PILATES**- Beneficial for people with injuries, arthritis, or stiffness. Recover from surgeries with this light exercise class (with doctors ok).

**No call/no shows will result in a \$15 fee.**

Please call if you will be more than 5 minutes late. Be advised that your reformer may be given to another member if you have not informed the Swim & Fitness department you will be late. Reformer Pilates classes are for Unlimited Pilates members and Pilates Punch Card holders only. Drop-In fee is \$15!

**Cancellations must be made 3 hours in advance to avoid a \$15 charge.**

To reserve a spot in class, Visit our **MINDBODY APP**