



## Group Class Schedule\*

Effective Wednesday, February 1, 2012

| <i>Monday</i>                                | <i>Tuesday</i>  | <i>Wednesday</i>                             | <i>Thursday</i>                                | <i>Friday</i>  | <i>Saturday</i>                                    | <i>Sunday</i> |
|--|---|--|--|--|--|---------------|
| <b>8:30am</b><br>Pilates<br>Mat Mix<br>Tracy | <b>9:00am</b><br>Pilates Mat<br>Kat                     | <b>8:30am</b><br>Pilates Mat<br>Mix<br>Tracy |  | <b>8:30am</b><br>Inter-<br>mediate<br>Chair**<br>Tracy | <b>8:15am</b><br>Pilates Mat<br>Sherri             | No<br>Classes |
| <b>10:00am</b><br>Gentle<br>Yoga^<br>Lisa    |   | <b>10:00am</b><br>Gentle<br>Yoga^<br>Lisa    |  | <b>9:30am</b><br>Burn at the<br>Barre<br>Tracy         | <b>9:30am</b><br>Intermediate<br>Chair**<br>Sherri |               |
|  | <b>6:15pm</b><br>Inter-<br>mediate<br>Chair**<br>Sherri | <b>6:30pm</b><br>Pilates Mat<br>Sherri       | <b>7:00pm^</b><br>Intermediate<br>Yoga<br>Lisa |  |  |               |
|  |   | <b>7:30pm</b><br>Gentle<br>Yoga<br>Lisa      |  |  |  |               |

\*5 clients are needed for the class to be offered; otherwise, the class is cancelled. \$10/class .

Register online [www.thepilatescentrelc.com](http://www.thepilatescentrelc.com)

^offered through Nutrifarmacy. Yoga classes=\$50/6 classes. With Nutrifarmacy membership = \$43.75. \$10 drop in

\*\*one private chair class is required. Chair classes are \$15/class. Register online.