

Pilates Central Wellness Class Schedule

****To sign up for classes you must first have an evaluation. All cancellations must be done at least 24 hours in advance.**

Monday

8:00am	Re-Balance Jump!	Donna
9:30am	Re-Balance Reformer	Laura
10:30am	Back to Basics Reformer	Laura
11:30am	Find Your Balance	Liesel
12:30pm	Play! Multi-Equipment Class	Elizabeth
5:45pm	Re-Balance Reformer	Donna

Tuesday

8:00am	Challenge Reformer	Elizabeth
9:30am	Re-Balance Reformer	Deb
10:30am	Re-Balance Reformer	Charmaine
11:30am	Back to Basics Reformer	Samantha
12:30pm	Post Rehab Chair	Donna
5:30pm	Re-Balance Reformer	Samantha

Wednesday

8:00am	Chair/Reformer Class	Elizabeth
9:30am	Jump! Bone Strengthening/Cardio	Laura
11:30am	Re-Balance Reformer 60+	Elizabeth

Thursday

8:00am	Challenge Reformer	Elizabeth
9:30am	Re-Balance Reformer	Deb
11:30am	Re-Balance Reformer	Samantha
12:30pm	Post Rehab	Donna
5:30pm	Re-Balance Reformer	Samantha

Friday

7:00am	Re-Balance Reformer	Donna
8:00am	Jump! Bone Strengthening/Cardio	Elizabeth
9:30am	Re-Balance Reformer	Elizabeth
10:30am	Re-Balance Reformer 60+	Laura

Saturday

9:00am	Re-Balance Reformer	Deb
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