

# Pilates Schedule: May 1st – May 31st, 2008

| <u>MONDAY</u>  | <u>TUESDAY</u>  | <u>WEDNESDAY</u>  | <u>THURSDAY</u>   | <u>FRIDAY</u>  | <u>SATURDAY</u>  | <u>SUNDAY</u>   |
|--|---|---|---|--|--|---|
| <b>Pilates App &amp; Mat: PS \$</b><br><b>9:00am</b> 60min. Ellen  | <b>Pilates Apparatus: PS \$</b><br><b>6:00am</b> 60min. Jen V     | <b>Pilates Apparatus: PS \$</b><br><b>6:00am</b> 60min. Jen V       | <b>Pilates Apparatus: PS \$</b><br><b>6:00am</b> 60min. Jen V     | <b>Pilates Apparatus: PS \$</b><br><b>8:00am</b> 60min. Lori                   | <b>Pilates Apparatus: PS \$</b><br><b>9:00am</b> 60min. Rotating   | <b>Pilates Apparatus: PS \$</b><br><b>9:00am</b> 60min. Lori  |
| <b>Pilates Apparatus: PS \$</b><br><b>10:00am</b> 60min. Ellen     | <b>Power 1/2 hr Mat: YS</b><br><b>7:10am</b> 30min. Jen V         | <b>Pilates Apparatus: PS \$</b><br><b>8:00am</b> 60min. Jen V       | <b>Power 1/2 hr Mat: YS</b><br><b>7:10am</b> 30min. Jen V         | <b>Pilates App &amp; Mat: PS \$</b><br><b>9:00am</b> 60min. Ellen/<br>Michelle | <b>Int./Adv. Pilates Mat: YS</b><br><b>10:00am</b> 60min. Rotating | <b>Pilates Adv. App.: PS \$</b><br><b>10:00am</b> 60min. Lori |
| <b>Pilates App &amp; Mat: PS \$</b><br><b>12:00pm</b> 60min. Patty | <b>Pilates App &amp; Mat: PS \$</b><br><b>9:00am</b> 60min. Lori  | <b>Pilates Apparatus: PS \$</b><br><b>9:00am</b> 60min. Ellen       | <b>Pilates Apparatus: PS \$</b><br><b>9:00am</b> 60min. Lori      | <b>Pilates Apparatus: PS \$</b><br><b>10:00am</b> 60min. Ellen/<br>Michelle    | <b>Beg. Pilates Mat: YS</b><br><b>11:00am</b> 60min. Rotating      |   |
| <b>Pilates Easy Does It: PS \$</b><br><b>1:00pm</b> 60min. Patty   | <b>Pilates Apparatus: PS \$</b><br><b>10:00am</b> 60min. Lori     | <b>Pilates App. &amp; Mat: PS \$</b><br><b>10:00am</b> 60min. Ellen | <b>Pilates Apparatus: PS \$</b><br><b>10:00am</b> 60min. Lori     | <b>Pilates Apparatus: PS \$</b><br><b>11:00am</b> 60min. Ellen/<br>Michelle    |  |   |
| <b>* Therapeutic Pilates: PS</b><br><b>4:00pm</b> 60min. Diane \$  | <b>**Pilates Adv. App: PS \$</b><br><b>11:00am</b> 60min. Diane   | <b>Pilates Apparatus: PS \$</b><br><b>11:00am</b> 60min. Ellen      | <b>**Pilates Adv. App: PS \$</b><br><b>11:00am</b> 60min. Diane   |  |  |   |
| <b>**Pilates Adv. App.: PS \$</b><br><b>5:00pm</b> 60min. Diane    | <b>Pilates App: PS \$</b><br><b>12:00pm</b> 60min. Diane          | <b>Pilates Apparatus: PS \$</b><br><b>12:00pm</b> 60min. Patty      | <b>Pilates Apparatus: PS \$</b><br><b>12:00pm</b> 60min. Diane    |  |  |   |
| <b>Pilates Apparatus: PS \$</b><br><b>6:30pm</b> 60min. Jen M.     | <b>* Therapeutic Pilates: PS</b><br><b>1:00pm</b> 60min. Diane \$ | <b>Pilates Easy Does It: PS \$</b><br><b>1:00pm</b> 60min. Patty    | <b>* Therapeutic Pilates: PS</b><br><b>1:00pm</b> 60min. Diane \$ |  |  |   |
|  |   |   | <b>Pilates Adv. App: PS \$</b><br><b>5:30pm</b> 60min. Cindy      |  |  |   |
|  |   |   | <b>Pilates Apparatus: PS \$</b><br><b>6:30pm</b> 60min. Cindy     |  |  |   |



- \* Therapeutic Pilates is a specialized class focusing on the rehabilitation of injuries, chronic conditions or upcoming or post surgery.
- \*\* Advanced Apparatus is for the client who knows modifications and is looking for a class with more advanced exercises and a faster pace.
- If you have questions about these classes contact Diane Caldwell at [diane@flatironathleticclub.com](mailto:diane@flatironathleticclub.com) or 303-499-6590 x17.

Yoga Studio: YS Pilates Studio: PS Additional Fee: \$

