

Pilates July 2017 Group Equipment Workout Schedule

Monday 7/03 ~ 7/10 7/17 ~ 7/24 ~ 7/31	Tuesday 7/04 ~ 7/11 7/18 ~ 7/25	Wednesday 7/05 ~ 7/12 7/18 ~ 7/26	Thursday 7/06 ~ 7/13 7/19 ~ 7/27	Friday 7/07 ~ 7/14 7/20 ~ 7/28	Saturday 7/01 ~ 7/08 7/15 ~ 7/22 ~ 7/29
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>5:45 REFORMER S-Anne</p>	<p>5:30 REFORMER N-Linda</p> <p>6:00 Core & Cardio S-Aleta</p>	<p>9:15 Pilates APPARATUS N-Anne</p> <p>10:00 REFORMER S-Linda</p> <p>11:30 Pilates APPARATUS N-Sharon</p> <p>5:30 REFORMER N-Linda</p> <p>5:30 REFORMER S-Raider</p>	<p>8:30 REFORMER S-Lori</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Sharon</p> <p>6:30 REFORMER S-Aleta</p>	<p>8:00 Exo Chair S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p>	<p>10:00 Tower S-Aleta</p> <p>11:00 REFORMER S-Aleta</p>
					<p>Sunday 7/02 ~ 7/09 7/16 ~ 7/23 ~ 7/30</p>

Package Pricing \$25—\$30 per workout ~ Single session drop-in rate \$35 ~ See Pilates Brochure for format details
For additional information contact Kathleen@prairielife.com 402-691-8546

Workouts limited to FOUR participants ~ 55 minute Workouts ~ Reserve your space in class at Courtesy Services
Apparatus Workouts for experienced participants only ~ Semi-Private & One-on-One Sessions Available