

Pilates April 2018 Group Equipment Workout Schedule

<b>Monday</b> 4/02 ~ 4/09 4/16~ 4/23~ 4/30	<b>Tuesday</b> 4/03 ~ 4/10 4/17 ~ 4/24	<b>Wednesday</b> 4/04~ 4/11 4/18 ~ 4/25	<b>Thursday</b> 4/05~ 4/12 4/19 ~ 4/26	<b>Friday</b> 4/06~ 4/13 4/20 ~4/27	<b>Saturday</b> 4/07~ 4/14 4/21~ 4/28
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Anne O</p> <p>5:30 REFORMER S-Anne</p>	<p>5:30 REFORMER N-Linda</p>	<p>5:30 REFORMER S-Sharon</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>8:30 REFORMER S-Lori</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Sharon</p>	<p>8:00 REFORMER S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p> <p>1:30 REFORMER N-Dan</p>	<p>10:00 REFORMER S-Libby</p>
					<p><b>Sunday</b> 4/01 ~ 4/08 4/15~ 4/22 ~ 4/29</p>
					<p>12:30 REFORMER S-Sharon</p> <p>1:00 REFORMER N-Libby</p>

Purchase 1-5 Sessions \$31 per session

Purchase 6+ Sessions \$28 per session

See Pilates Brochure for format details

For additional information contact --- Kathleen@prairielife.com

402-691-8546

55 minute Workouts ~ Reserve your space in class at Courtesy Services

## Pilates January 2018 Group Equipment Workout Schedule

<b>Monday</b> 1/01 ~ 1/08 1/15 ~ 1/22 ~ 1/29	<b>Tuesday</b> 1/02 ~ 1/09 1/16 ~ 1/23 ~ 1/30	<b>Wednesday</b> 1/03 ~ 1/10 1/17 ~ 1/24 ~ 1/31	<b>Thursday</b> 1/04 ~ 1/11 1/18 ~ 1/25	<b>Friday</b> 1/05 ~ 1/12 1/19 ~ 1/26	<b>Saturday</b> 1/06 ~ 1/13 1/20 ~ 1/27
<p><b>9:00 Pilates Props</b> S-Kathleen</p> <p><b>10:00 Pilates APPARATUS</b> N-Jodi</p> <p><b>10:30 REFORMER</b> S-Anne O</p> <p><b>5:30 REFORMER</b> S-Anne</p>	<p><b>5:30 REFORMER</b> N-Linda</p>	<p><b>9:15 Pilates APPARATUS</b> N-Anne</p> <p><b>10:00 REFORMER</b> S-Linda</p> <p><b>11:30 Pilates APPARATUS</b> N-Sharon</p> <p><b>5:30 REFORMER</b> N-Linda</p> <p><b>6:00 REFORMER</b> S-Libby</p>	<p><b>8:30 REFORMER</b> S-Lori</p> <p><b>10:00 Pilates APPARATUS</b> N-Jodi</p> <p><b>10:30 REFORMER</b> S-Sharon</p> <p><b>6:30 REFORMER</b> S-Aleta</p>	<p><b>8:00 EXO Chair</b> S-Sharon</p> <p><b>11:00 REFORMER</b> N-Linda</p> <p><b>12:30 REFORMER</b> S-Anne</p> <p><b>1:30 REFORMER</b> N-Dan</p>	<p><b>11:00 REFORMER</b> S-Aleta</p>
					<p><b>Sunday</b> 1/07 ~ 1/14 1/21 ~ 1/28</p>
					<p><b>12:30 REFORMER</b> S-Sharon</p> <p><b>1:00 REFORMER</b> N-Libby</p>

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Purchase 6+ Sessions \$28 per session

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Pilates February 2018 Group Equipment Workout Schedule

<b>Monday</b> 2/05 ~ 2/12 2/19 ~ 2/26	<b>Tuesday</b> 2/06 ~ 2/13 2/20 ~ 2/27	<b>Wednesday</b> 2/07 ~ 2/14 2/21 ~ 2/28	<b>Thursday</b> 2/01 ~ 2/08 2/15 ~ 2/22	<b>Friday</b> 2/02 ~ 2/09 2/16 ~ 2/23	<b>Saturday</b> 2/03 ~ 2/10 2/17 ~ 2/24
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Anne O</p> <p>5:30 REFORMER S-Anne</p>	<p>5:30 REFORMER N-Linda</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>6:00 REFORMER S-Libby</p>	<p>8:30 REFORMER S-Lori</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Sharon</p>	<p>8:00 REFORMER S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p> <p>1:30 REFORMER N-Dan</p>	<p>10:00 REFORMER S-Libby</p>
					<p><b>Sunday</b> 2/04 ~ 2/11 2/18 ~ 2/25</p>
					<p>12:00 REFORMER S-Sharon</p> <p>1:00 REFORMER N-Libby</p>

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Pilates March 2018 Group Equipment Workout Schedule

<b>Monday</b> 3/05 ~ 3/12 3/19 ~ 3/26	<b>Tuesday</b> 3/06 ~ 3/13 3/20 ~ 3/27	<b>Wednesday</b> 3/07 ~ 3/14 3/21 ~ 3/28	<b>Thursday</b> 3/01 ~ 3/08 3/15 ~ 3/22 ~ 3/29	<b>Friday</b> 3/02 ~ 3/09 3/16 ~ 3/23 ~ 3/30	<b>Saturday</b> 3/03 ~ 3/10 3/17 ~ 3/24 ~ 3/31
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Anne O</p> <p>5:30 REFORMER S-Anne</p>	<p>5:30 REFORMER N-Linda</p>	<p>5:30 REFORMER (Add April) S-Sharon</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>6:00 REFORMER (Take off) N-Libby</p>	<p>8:30 REFORMER S-Lori</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>10:30 REFORMER S-Sharon</p>	<p>8:00 REFORMER S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p> <p>1:30 REFORMER N-Dan</p>	<p>10:00 REFORMER S-Libby</p> <p><b>Sunday</b> 3/04 ~ 3/11 3/18 ~ 3/25</p> <p>12:30 REFORMER (time change) S-Sharon</p> <p>1:00 REFORMER N-Libby</p>

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