

Pilates August 2017 Group Equipment Workout Schedule

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