

Pilates December 2017 Group Equipment Workout Schedule

Monday 12/04 ~ 12/11 12/18 ~ 12/25	Tuesday 12/05 ~ 12/12 12/19 ~ 12/26	Wednesday 12/06 ~ 12/13 12/15 ~ 12/20 ~ 12/27	Thursday 12/07 ~ 12/14 12/16 ~ 12/21 ~ 12/28	Friday 12/01 ~ 12/08 12/15 ~ 12/22 ~ 12/29	Saturday 12/02 ~ 12/09 12/16 ~ 12/23 ~ 12/30
<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>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>1:30 REFORMER N-Dan</p>	<p>11:00 REFORMER S-Aleta</p>
					<p>Sunday 12/03 ~ 12/10 12/17 ~ 12/24 ~ 12/31</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