

Pilates January 2018 Group Equipment Workout Schedule

Monday 1/01 ~ 1/08 1/15 ~ 1/22 ~ 1/29	Tuesday 1/02 ~ 1/09 1/16 ~ 1/23 ~ 1/30	Wednesday 1/03 ~ 1/10 1/17 ~ 1/24 ~ 1/31	Thursday 1/04 ~ 1/11 1/18 ~ 1/25	Friday 1/05 ~ 1/12 1/19 ~ 1/26	Saturday 1/06 ~ 1/13 1/20 ~ 1/27
<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 1/07 ~ 1/14 1/21 ~ 1/28</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