

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>

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