

Pilates May 2018 Group Equipment Workout Schedule

Monday 5/07~ 5/14 5/21~ 5/28	Tuesday 5/01 ~ 5/08 5/15 ~ 5/22 ~ 5/29	Wednesday 5/02~ 5/09 5/16 ~ 5/23 ~ 5/30	Thursday 5/03~ 5/10 5/17 ~ 5/24 ~ 5/31	Friday 5/04~ 5/11 5/18 ~ 5/25	Saturday 5/05~ 5/12 5/19~ 5/26
<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>Sunday 5/06 ~ 5/13 5/20~ 5/27</p>
					<p>12:30 REFORMER S-Sharon</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