

Pilates June 2017 Group Equipment Workout Schedule

<u>Monday</u> 6/05 ~ 6/12 6/19 ~ 6/26	<u>Tuesday</u> 6/06 ~ 6/13 6/20 ~ 6/27	<u>Wednesday</u> 6/07 ~ 6/14 6/22 ~ 6/28	<u>Thursday</u> 6/01 ~ 6/08 6/15 ~ 6/22 ~ 6/29	<u>Friday</u> 6/02 ~ 6/09 6/16 ~ 6/23 ~ 6/30	<u>Saturday</u> 6/03 ~ 6/10 6/17 ~ 6/24
<p>9:00 Pilates Props S-Kathleen</p> <p>10:00 Pilates APPARATUS N-Jodi</p> <p>5:45 REFORMER S-Anne</p>	<p>5:30 REFORMER N-Linda</p> <p>6:00 Core & Cardio S-Aleta</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-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 Exo Chair S-Sharon</p> <p>11:00 REFORMER N-Linda</p> <p>12:30 REFORMER S-Anne</p>	<p>10:00 Tower S-Aleta</p> <p>11:00 REFORMER S-Aleta</p>
					<p><u>Sunday</u> 6/04 ~ 6/11 6/18 ~ 6/25</p>

Package Pricing \$25—\$30 per workout ~ Single session drop-in rate \$35 ~ See Pilates Brochure for format details
For additional information contact Kathleen@prairielife.com 402-691-8546

Workouts limited to FOUR participants ~ 55 minute Workouts ~ Reserve your space in class at Courtesy Services
Apparatus Workouts for experienced participants only ~ Semi-Private & One-on-One Sessions Available