

April-June Pilates Schedule

Signup begins Monday March 26th

Use your punch cards for Open Group classes highlighted in yellow. Gray are 8 week sessions.

Pilates Studio Classes

Apr-June Schedule

April 15th through June 9th

	AM		PM	
Monday			4:30-5:30 PM Essential Reformer Jen	
Tuesday	8-9:00 AM Continuing Equipment Linda	9-10:00 AM Jumpboard Bootcamp Linda		
		11-11:55 AM Modified Reformer Jen		
Wednesday	9:00-9:55 AM Pilates Intervals Jean		5:00-5:55 PM Reformer Jen	6-6:55 PM Continuing Equipment Jen
Thursday		10:00-11:00 AM Equipment Circuits Hanalaura		
Friday		8:30 -9:25 AM Continuing Equipment Hanalaura		

Equipment Circuits (Open Group)

This class will take you through a "circuit" style workout in the Pilates Studio. Your entire body will be challenged in different ways as you move through exercises on multiple pieces of equipment.

Essential Reformer (Sessioned) Max 4

This class teaches you the fundamentals of pilates, and you will learn all of the essential exercises. This is a great place to start and build strength and endurance and a great core.

Jumpboard/Bootcamp (Open Group)

This class will challenge your body in so many ways; strength, flexibility, coordination, balance, endurance and much more. 30 minutes of jumpboard incorporating pilates exercises in between. Talk about a cardio workout..

Pilates Intervals (Open Group)

This class combines cardio with pilates for a great overall workout utilizing the trampolines, jump ropes, treadmills, and of course all the pilates equipment and props.. Should have prior pilates experience.

Continuing Equipment (Sessioned) Max 8

This class utilizes all the equipment in the pilates studio for a circuit style class. Must have taken a beginner reformer class..

Modified Reformer (Sessioned) Max 4

If you have chronic back pain, are starting back after an injury, like a modified pace, or are just starting out, this class teaches you all the basics of pilates, and the basic exercises.

Reformer (Open Group)

This 55 minute class is for individuals who have taken either private sessions, or sessioned classes and know the basics of the reformer. This is a workout/class that builds on your skills and challenges you each time.

Special on sessions... Get 8 weeks for the price of 6 weeks.

Sessioned classes
 = Member: \$99 = Non-Member: \$108.90
 Sign-up at the front desk!
 Payment required to hold a spot.

Any questions, please contact Jean Staven at 262-646-4727 ext 111

Members and Guests are welcome to attend any of the open group classes. All you need to do is purchase an open group class, or purchase an open group package at the front desk.