



*Pilates Studio & Pole Schedule
Anniversary Schedule REVISED*

CELEBRATE OUR 1 YEAR ANNIVERSARY WITH US!!!

June 1st - June 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.				Athletic Conditioning Linda *Open Group			
7:30 a.m.	FREE Power Reformer / Jumpboard Megan min. 4 / max. 4						
8:00 a.m.						Athletic Conditioning Jean *Open Group	
8:30 a.m.	Athletic Conditioning Linda *Open Group				FREE Power Reformer / Jumpboard Linda min. 4 / max. 4		
9:00 a.m.		Equipment Pilates Circuits Linda min. 4 / max. 10	Athletic Conditioning Jean *Open Group	N 20/20/20 Hanalaura min. 4 / max. 12 e w	Pilates Equipment Class punch cards can be purchased at the front desk. Reserve your place at the front desk, or call 646-4727, for all classes with minimums / maximums, <i>including</i> FREE Anniversary Classes *Open Group Classes are drop-in classes Beginner Reformer and Pole classes do <i>not</i> require prior Pilates experience. If you are interested in a class that is not on this schedule, contact Jean@befitnesscenter.com		
11:00 a.m.				FREE 6/11 & 6/25 Pole Class Julie * Open Group			
4:30 p.m.	Athletic Conditioning CANCELED 6/10/09	Jumpboard Intervals Beth min. 4 / max. 4					
5:30 p.m.		FREE Beginner Reformer Beth min. 4 / max. 4		Equipment Circuits Megan min. 4 / max. 4			

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Class descriptions on back.
Classes are 55 minutes.

Questions or feedback? Email jean@befitnesscenter.com
visit www.befitnesscenter.com for the most current schedule