



PILATES SCHEDULE

MONDAY

7 am – Tiffeny

TUESDAY

9:30 am – Tiffeny

WEDNESDAY

7 am – Tiffeny

THURSDAY

10 am – Linda

FRIDAY

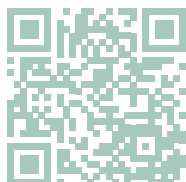
7:15 am – Tiffeny

8:15 am – Debbi

9:15 am – Tiffeny

NEW TO PILATES?

Pilates Intro – Four (4) 30-minute
private Pilates sessions for \$140



For full class descriptions,
please visit our website at
befitnesscenter.com.

**Two hour cancellation
policy applies.**



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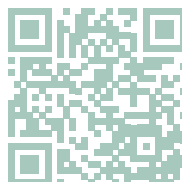
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