

Pilates Studio Group Classes



PILATES STUDIO EQUIPMENT GROUP CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
9:00 AM Beginner Lynda	9:30 AM Beginner Lynda (starts Jan/2011)			9:30 AM Beginner Lynda (starts Jan/2011)		
4:00 PM Adv/Beg Tower Bridget		4:00 PM Adv/Beg Tower Bridget				
5:30 PM Restore & Stretch Tower Bridget		5:15 PM Intermediate Tower Bridget				
			6:30 PM Beginner Jenna (moves to Wed in late Jan 2011)			

See Pilates fee schedule at the front desk

Pilates Group Classes are upstairs in the Pilates Studio

7-People max.,per Class

85 Lafayette Circle, Lafayette 925-284-7732

www.lafayettehealthclub.com