

## 2010 SCHEDULE – EFFECTIVE FEBRUARY 1, 2010



All Specialty Classes (Xtend, TRX, System, Tower) listed in **BOLD PRINT**, have a “2 class value” on a class card.

**Schedule is subject to adjustments, Please CONFIRM class times and availability prior to coming to the studio if you have not made a reservation.**

Pilates Classes are 55 min (if noted with a \* they are 45 min) and Yoga Classes 75 min unless noted otherwise.

### LOCHMERE PAVILION 851-7221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:00 Xtend</b> Christine	7:00 Hatha Yoga Level 1 (60 min) Claire		7:00 Hatha Yoga Level 1 (60 min) Claire	<b>8:15 Pilates Tower</b> Christine
<b>8:15 Xtend</b> Christine	9:30 Vinyasa Stretch Susan	<b>8:30 Equipment</b> <b>Sculpt</b> Melissa	<b>8:15 Xtend</b> Melissa	<b>8:30 Pilates Tower</b> Kelly	9:00 Vinyasa Flow 1/2 Susan
9:30 Gentle Yoga Phyllis	9:30 Pilates Teacher's Choice Kelly	9:30 Gentle Yoga (90 min) Stacie	9:30 Vinyasa Stretch Susan	9:30 Vinyasa Flow 1/2 Phyllis	9:15 Pilates Mat - All Levels* Christine
<b>9:30 Pilates System</b> Christine	<b>10:30 Pilates System</b> Kelly	<b>9:30 Pilates Tower</b> Melissa	<b>9:30 Pilates Tower</b> Kelly		10:30 Gentle Yoga Carol
	11:30 Pilates For Life* Kelly	<b>11:30 Xtend</b> Stacie		<b>10:30 Pilates System</b> Kelly	
	12:15 Pilates Mat Sculpt* Kelly			11:30 Pilates for Life* Melissa	<b>SUNDAY</b>
	4:45PM TWEEN Fusion (Ages 10-13) Susan		4:45PM Yoga KIDZ (Ages 5-9) Susan	12:15 Pilates Mat Sculpt* Melissa	<b>9:15 Xtend</b> Christine/Kelly/Stacie
5:30 Pilates - All Levels* Melissa	<b>5:30 Pre/Post Natal</b> <b>Pilates* Christine</b>	5:30 TRX Express (30-min) Patty/Katie	5:30 Pilates Mat-All Levels* Christine		10:30 Vinyasa Flow 2+ Phyllis
<b>6:15 JumpCore</b> Melissa		<b>6:00 Xtend</b> Patty/Katie	5:45 Sacred Flow Susan		
5:45 PM Vinyasa Flow Yoga Level 1/2 Brittney	6:15 Advanced Mat* Christine	6:15 Pilates Teacher's Choice Samantha	<b>6:15 Reformer</b> <b>Challenge</b> Christine		
<b>7:15 Xtend</b> Melissa	6:30 Hatha Yoga – All Levels Claire	7:15PM Vinyasa Flow Yoga Level 2 Phyllis	7:15 Gentle Yoga Carol /Reuben/Kevin		
<b>7:15 Pilates Tower</b> Samantha	7:00 Chair Express (30-min) Christine				

### STONE CREEK VILLAGE 466-9989

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 AM Teacher's Choice* Amy		6:15 AM Teacher's Choice* Amy	<b>6:00 Xtend</b> Katie	<b>8:15 Pilates System</b> Patty
<b>8:15 Pilates Tower</b> Stacie	<b>8:15 TRX Challenge</b> Amy		<b>8:15 Pilates Tower</b> Katie	<b>8:15 Pilates System</b> Stacie	
<b>9:30 Pilates Chair</b> <b>Challenge</b> Stacie	<b>9:30 Xtend</b> Katie	9:30 Pilates Mat Sculpt* Amy	<b>9:30 TRX Challenge</b> Patty	<b>9:30 Pilates Tower</b> Stacie	9:00 Vinyasa Flow Yoga Level 1/2 Kate
9:30 Vinyasa Stretch Susan		9:30 Vinyasa Stretch Susan	9:30 Gentle Yoga Claire	9:30 Power Flow Kristin	9:30 Pilates Mat – All Levels* Patty
10:30 Pilates Tower Express(30 min) Amy		<b>10:30 Pilates Tower</b> Amy	<b>11:00 Xtend</b> Patty	<b>10:00 Reformer</b> <b>Challenge</b> Patty	
		12:30 Vinyasa Express (60 min) Susan		10:30 Pilates Mat Sculpt* Stacie	11:00 Pre/Postnatal Yoga Stacie/Phyllis/Susan/Denise
<b>12:30 Pilates System</b> Patty/Nikki	<b>12 :30 Xtend</b> Patty/Melissa	<b>12 :30 TRX</b> <b>Challenge</b> Patty	<b>12:30 Reformer Cardio</b> Amy	<b>12 :30 Xtend</b> Stacie	
<b>4:30 Xtend</b> Patty	<b>4:30 Pilates Tower</b> Stacie		4:30 Xtend Express (40-min) Stacie		<b>SUNDAY</b>
5:30 Pilates Mat-All Levels* Katie	<b>5:30 Pilates Tower</b> Patty/Kelly	5:30 Pilates Mat - All Levels* Melissa	<b>5:30 Pilates Tower</b> Melissa/Patty/Stacie	<b>4 :30 Xtend</b> Katie	10:00 Hatha Yoga – All Levels Claire
5:45 Hatha Yoga – All Levels Susan	5:45 Hatha Yoga – All Levels Crys	<b>5:45 Xtend</b> Stacie	5:45 Hatha Yoga – All Levels Crys		<b>10:00 TRX Challenge</b> Stacie/Patty
<b>6:15 TRX Challenge</b> Katie	<b>5:45 Reformer</b> <b>Challenge</b> Stacie	<b>6:15 TRX Challenge</b> Melissa			<b>11:00 Pilates Tower</b> Stacie/Patty
<b>7:15 Pilates System</b> Katie	6:45 Pilates Mat – All Levels Stacie	<b>7:15 Pilates System</b> Melissa	6:45 Pilates Mat-All Levels Stacie		<b>2:30 Xtend</b> Katie/Patty/Kelly/Stacie
7:15 Power Flow Yoga Susan	<b>7:15 Xtend</b> Patty/Katie/Kelly	7:15 Vinyasa Flow - Level 1/2 Kevin	7:15 Power Flow Yoga Kate		4:00 Urban Groove - Yoga Crys