



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PILATES REFORMER

## CLASS SCHEDULE - JUNE - AUGUST

Must have completed 3 private sessions before participating in classes. ALL CLASSES ARE \$25 PER CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00 AM Pilates Reformer Cathy					
8:15-8:45 AM Cardio Jump Cathy		8:15-8:45 AM Cardio Jump Christine			8:00-9:00 AM Pilates Reformer Cathy	
8:50-9:50 AM Pilates Reformer Cathy	9:00-10:00 AM Pilates Reformer Cathy	8:50-9:50 AM Pilates Reformer Christine	9:00-10:00 AM Pilates Reformer Cathy	9:15-10:15 AM Reformer/Cardio Jump Laurie		
	4:30-5:30 PM Reformer/Cardio Jump Christine					
5:30-6:30 PM Reformer/Cardio Jump Cathy		5:30-6:30 PM Pilates Reformer Cathy				



Contact Cathy Elness for questions | (320) 253-2664, [cathy.elness@scymca.org](mailto:cathy.elness@scymca.org)