



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PILATES REFORMER

CLASS SCHEDULE - OCTOBER through DECEMBER

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		6:00-7:00 AM Pilates Reformer Cathy			
8:15-8:45 AM Cardio Jump Cathy		8:15-8:45 AM Cardio Jump Christine				10:15-11:15 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		
	10:00-11:00 AM Pilates Reformer Christine					
	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