

Pilates Defined

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:25am Combo Randy	8:30-9:25am Combo Randy	7:30-8:25am Reformer Randy	6:30-7:25am Reformer Randy	8:30-9:25am Reformer *Mary Pat*	9:00-9:55am Reformer Amanda/Mary Pat	9:30-10:25am Advanced Combo Kim
8:30-9:25am Combo Mary Pat	9:30-10:25am Combo Randy	8:30-9:25am Int/Adv Combo Mary Pat	7:30-8:25am Gyrotonic Randy	9:30-10:25am Foam Roller Amanda	10:00-10:55am Reformer Amanda/Mary Pat	
8:30-9:25am Reformer Randy	9:30-10:25am Foam Roller Amanda	9:30-10:25am Combo Randy	7:30-8:25am *NEW* Reformer Anne	9:30-10:25am Pilates Basics *Mary Pat*	11:00-11:55am Pilates Basics Amanda/Mary Pat	
9:30-10:25am Reformer Mary Pat	10:30-11:25am Combo Amanda	10:30-11:25am Gyrotonic Mary Pat	8:30-9:25am *NEW* Pilates Mat w/Trap Anne	10:30-11:25am Combo Amanda	<p>Pilates Studio Policies:</p> <p>For safety purposes, classes are closed 15 minutes after scheduled start time.</p> <p>New students of Pilates are required to attend 3 private sessions. Pilates Defined offers a special introductory package of 3 private sessions. Please call to schedule.</p> <p>All packages have an expiration date.</p> <p>24 Hour cancellation/rescheduling policy for Group & Private classes/sessions.</p> <p>Go to www.cherrycreekclub.com to register and sign up for classes!</p> <p>Pilates Defined Direct Line: 303.339.5648</p> <p>See Reverse side for class descriptions.</p>	
10:30-11:25am Pilates Basics Mary Pat	10:30-11:25am *NEW* Pilates for Men Randy	12:30-1:25pm Pilates Basics Camille	8:30-9:25 Reformer Randy	10:30-11:25am Gyrotonic Randy		
4:30-5:25pm Combo Randy	4:30-5:25pm Reformer Randy	3:30-4:25pm Reformer Camille	9:30-10:25am *NEW* Pilates Basics Anne	11:30-12:25pm Gyrotonic Randy		
5:00-5:55pm Pilates Basics Camille		4:30-5:25pm *NEW* Combo Monica	9:30-10:25am Reformer Randy			
5:30-6:25pm Combo Randy			10:30-11:25am Combo Randy			
			4:30-5:25pm Gyro/Pilates Basics Amanda			
			5:00-5:55pm Combo Liz			
			5:30-6:25pm Combo Amanda			