

Pilates Defined Schedule . . . September 2010

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	7:00-7:55am Classic Pilates Anne	9:00-9:55am Reformer Liz/Mary Pat	9:30-10:25am Reformer Kim
8:30-9:25am Int/Adv Combo Mary Pat	9:30-10:25am Combo Randy	9:00-10:00am Spin-a-lates Kim	7:30-8:25am Gyrotonic Randy	8:30-9:25am Reformer Dawn	10:00-10:55am Reformer Liz/Mary Pat	11:00-11:55am **Men's Pilates Jodilyn
8:30-9:25am Combo Randy	9:30-10:25am Foam Roller Amanda	9:30-10:25am Reformer Dawn	8:30-9:25am Combo Randy	9:30-10:25am Foam Roller Amanda	11:00-11:55am Explore Pilates Mary Pat/Liz	
9:30-10:25am Reformer Dawn	10:30-11:25am Combo Amanda	9:30-10:25am Combo Randy	9:30-10:25am Combo Randy	9:30-10:25am Reformer Dawn	<p>Pilates Studio Policies</p> <ul style="list-style-type: none"> ·All studios will remain locked until 15 minutes prior to class start. ·For safety purposes, classes are closed 10 minutes after the scheduled start time. ·New students of Pilates are required to attend 3 private sessions or 5 'Basic' sessions before joining a group class. ·24 hour cancellation/rescheduling policy for Group and Private classes/sessions. *** Pre/Post Natal & Men's Pilates will begin mid September <p>Go to www.cherrycreekclub.com to register and sign up for classes!</p> <p>Pilates Defined Direct Line: 303-339-5648</p>	
9:30-10:25am Pilates/Gyro Combo Mary Pat	10:30-11:25am Combo Randy	10:30-11:25am Int/Adv Combo Amanda	10:30-11:25am **Pre/Post Natal Mary Pat	10:30-11:25am Combo Amanda		
1:00-1:55pm Beg/Int Combo Anne	4:30-5:25pm Reformer Randy	5:15-6:10pm Pilates Sculpt Liz	10:30-11:25am Combo Randy	10:30-11:25am Gyrotonic Randy		
3:00-3:55pm **Pre/Post Natal Monica	5:30-6:25pm Combo Randy		3:30-4:25pm Reformer Randy	10:45-11:40am Int/Adv Combo Monica		
4:30-5:25pm Combo Randy			4:30-5:25pm Gyro/Pilates Basics Amanda	11:30-12:25pm Gyrotonic Randy		
5:00-5:55pm Gyro/Pilates Basics Mary Pat			5:15-6:10pm Reformer Liz	1:00-1:55pm Combo Anne		
5:30-6:25pm Combo Randy			5:30-6:25pm Combo Amanda	3:30-4:25pm Reformer Jodilyn		
6:00-6:55pm Int/Adv Combo Anne			6:30-7:25pm Combo Amanda			

Get in the know. Weekly club updates are now available online at www.cherrycreekclub.com