



**FREE
Classes**

**RESERVE
YOUR SPOT**

PILATES REFORMER



**WHERE MEMBERSHIP
MEANS MORE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am		Meg			
9:00am			Elizabeth		
10:00am	Martha				Martha
12:00pm	Martha		Martha		Martha
1:00pm		Martha		Martha	
4:30pm	Martha		Martha		
5:30pm	Martha	Angelia		Martha	

- Please call to reserve your spot. All reservations can be made one day in advance.
- In consideration for others, please cancel your spot as soon as possible if you will not be able to attend.
- 8 Classes per month included with your membership. \$10/ per class after initial 8 classes.
- If this is your first class, please arrive 10 minutes early to set up your reformer.

601.664.1955

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