



PILATES SCHEDULE

MONDAY

8:00am **Pilates x Strength** Gail
9:00am **Tower Pilates** Gail
10:00am **HIIT Pilates** Karen
11:00am **Contemporary Pilates All** Katie
5:00pm **Contemporary Pilates Beg.** Jenna
6:00pm **Classical Pilates Levels 1-2** Gail

WEDNESDAY

6:30am **Pilates x Strength** Corie
8:00am **Contemporary Pilates All** Katie
9:15am **Classical Pilates 3*** Gail
10:15am **HIIT Pilates** Karen

NEW 11:15am **Classical Pilates 2*** Katie

5:00pm **HIIT Pilates** Karen

NEW 6:00pm **Restorative Reformer** Gail

FRIDAY

5:30am **Classical Pilates Level 2*** Gail
7:30am **Pilates x Strength** Katie
8:30am **Classical Pilates 3*** Gail
9:30am **HIIT Pilates** Karen

NEW 10:30am **Classical Pilates Level 1** Katie

TUESDAY

6:00am **Classical Pilates Level 2*** Gail

8:00am **Pilates x Cardio** Katie

NEW 9:00am **Classical Pilates 1** Katie/Erin

NEW 10:00am **Pilates x Strength** Erin

NEW 11:00am **Restorative Reformer** Katie

5:30pm **Contemporary Pilates Beg.** Jenna

NEW 6:30pm **Contemporary Pilates All** Jenna

THURSDAY

6:00am **Tower** Gail

7:00am **Pilates x Cardio** Gail

8:30am **Classical Pilates 1** Katie

NEW 11:00am **Classical Pilates 2*** Katie

4:30pm **Contemporary Pilates All** Kelly

NEW 5:30pm **Tower Pilates** Corie

SATURDAY

8:00am **Contemporary Pilates Int.*** Kelly/Corie

9:00am **Contemporary Pilates Beg.** Kelly/Corie

10:00am **Intro to Pilates**

SUNDAY

NEW 10:30am **Contemporary Pilates Beg.** Denise

NEW 11:30am **Pilates x Strength** Denise

NEW 12:30pm **Restorative Reformer** Denise



SCAN HERE TO SEE
ALL OF THE PILATES
CLASSES WE OFFER



*Class requires instructor approval
Schedule Starts August 17, 2026 | Updated 8/6/2026