

# BODY DESIGN

## PILATES CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6 - 7am <b>Reformer Pilates</b> Lauren		6 - 7am <b>Reformer Pilates</b> Jessi		6 - 7am <b>Reformer Pilates</b> Jessi	
	7 - 8am <b>Reformer Pilates</b> Lauren	7 - 8am <b>Reformer Pilates</b> Kiki	7 - 8am <b>Reformer Pilates</b> Jessi	7 - 8am <b>Reformer Pilates</b> Kiki	7 - 8am <b>Jumpboard Reformer Pilates</b> Jessi	
8 - 9am <b>Reformer Pilates</b> Diana	8 - 9am <b>Reformer Pilates</b> Jessi		8 - 9am <b>Reformer Pilates</b> Jessi		8 - 9am <b>Jumpboard Reformer Pilates</b> Jessi	8 - 9am <b>Reformer Pilates</b> Katie
9:15 - 10:15am <b>Reformer Pilates</b> Diana	9 - 10am <b>Reformer Pilates</b> Kaylee	9 - 10am <b>Reformer Pilates</b> Kaylee	9 - 10am <b>Reformer Pilates</b> Jessi	9 - 10am <b>Reformer Pilates</b> Katie	9 - 10am <b>Reformer Pilates</b> Kaylee	9 - 9:50am <b>Reformer Pilates</b> Katie
10:30 - 11:30am <b>Reformer Pilates</b> Diana	10 - 11am <b>Reformer Pilates</b> Jessi		10 - 11am <b>Reformer Pilates</b> Kiki		10 - 11am <b>Reformer Pilates</b> Jessi	10 - 11am <b>Reformer Pilates</b> Donna
11:30 - 12:30pm <b>Reformer Pilates</b> Jessica	11:00 - 12:00pm <b>Reformer Pilates</b> Lauren	11 - 12pm <b>Adv Reformer Pilates</b> Bri		11 - 12pm <b>Adv Reformer Pilates</b> Bri	11 - 12pm <b>Intro Reformer Pilates</b> Stephanie	11 - 12pm <b>Reformer Pilates</b> Donna
	12:00 - 1:00pm <b>Reformer Pilates</b> Kiki		12 - 1pm <b>Intro Reformer Pilates</b> Kiki		12:30 - 1:30pm <b>Reformer Pilates</b> Kiki	12 - 1pm <b>Reformer Pilates</b> Diana
	1 - 2pm <b>Int/Adv Reformer Pilates</b> Lori	1 - 2pm <b>Reformer Pilates</b> Lori	1 - 2pm <b>Int/Adv Reformer Pilates</b> Lori	1 - 2pm <b>Reformer Pilates</b> Lori	1:30 - 2:30pm <b>Reformer Pilates</b> Kiki	1 - 2pm <b>Reformer Pilates</b> Diana
	2 - 3pm <b>Reformer Pilates</b> Diana	2 - 3pm <b>Reformer Pilates</b> Diana	2 - 3pm <b>Reformer Pilates</b> Taylor	2 - 3pm <b>Reformer Pilates</b> Diana		2 - 3pm <b>Reformer Pilates</b> Diana
	3-4 pm <b>Reformer Pilates</b> Sophia	3 - 4pm <b>Reformer Pilates</b> Kiki	3 - 4pm <b>Reformer Pilates</b> Taylor	3 - 4pm <b>Reformer Pilates</b> Sophia	3 - 4pm <b>Reformer Pilates</b> Sophia	
	4 - 5pm <b>Reformer Pilates</b> Diana	4 - 5pm <b>Reformer Pilates</b> Katie P	4 - 5pm <b>Reformer Pilates</b> Bri	4 - 5pm <b>Reformer Pilates</b> Taylor	4 - 5pm <b>Reformer Pilates</b> Taylor	
	5 - 6pm <b>Reformer Pilates</b> Taylor	5 - 6pm <b>Lower Body/Abs Reformer Pilates</b> Katie P	5 - 6pm <b>Reformer Pilates</b> Diana	5 - 6pm <b>Reformer Pilates</b> Taylor	5 - 6pm <b>Reformer Pilates</b> Taylor	
	6 - 7pm <b>Reformer Pilates</b> Taylor	6 - 7pm <b>Reformer Pilates</b> Kaylee	6 - 7pm <b>Reformer Pilates</b> Taylor	6:30 - 7:30pm <b>Reformer Pilates</b> Jessi		
	7 - 8pm <b>Reformer Pilates</b> Taylor	7 - 8pm <b>Reformer Pilates</b> Lauren	7 - 8pm <b>Reformer Pilates</b> Taylor	7:30 - 8:30pm <b>Reformer Pilates</b> Jessica		

REFORMER PILATES CLASS SCHEDULE

# BODY DESIGN

## GROUP FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 9am <b>Cadillac/Chair Pilates</b> Lauren	6 - 7am <b>Cadillac/Chair Pilates</b> Jessi	8 - 9am <b>Cadillac/Chair Pilates</b> Katie	8 - 9am <b>Classic Training</b> Alexis	8 - 9am <b>Cadillac/Chair Pilates</b> Katie	8 - 8:45am <b>Classic Training</b> Alexis	8 - 9am <b>Classic Training</b> Alexis
9 - 10am <b>Cadillac/Chair Pilates</b> Lauren	7 - 8am <b>Cadillac/Chair Pilates</b> Jessi	8 - 8:45am <b>Classic Training</b> Alexis			9 - 9:45am <b>Classic Training</b> Alexis	8 - 8:50am <b>Cadillac/Chair Pilates</b> Susan
10 - 11am <b>Cadillac/Chair Pilates</b> Lauren	9 - 9:45am <b>Classic Training</b> Alexis	9 - 9:45am <b>Classic Training</b> Alexis	9 - 9:45am <b>Coreboard Step Class</b> Alexis	9:15 - 10am <b>Classic Training</b> Alexis	9 - 10am <b>Cadillac/Chair Pilates</b> Jessica	9 - 10am <b>Greatest Workout Over 50</b> Alexis
			10 - 10:45am <b>Classic Training</b> Alexis	10 - 10:45am <b>Asset Management</b> Alexis	10 - 10:45am <b>Classic Training</b> Alexis	10:15 - 11:15am <b>Beginning Ballet</b> Audrey
	11 - 12pm <b>Cadillac/Chair Pilates</b> Lori	10 - 10:45am <b>Asset Management</b> Alexis	11 - 12pm <b>Cadillac/Chair Pilates</b> Kiki		10 - 11am <b>Cadillac/Chair Pilates</b> Jessica	
1 - 2pm <b>Intro to Ballet</b> Dawn					12:30 - 1:30pm <b>Cadillac/Chair Pilates</b> Bri	
	5 - 6pm <b>Cadillac/Chair Pilates</b> Katie P	5 - 6pm <b>Cadillac/Chair Pilates</b> Lauren	4 - 5pm <b>Cadillac/Chair Pilates</b> Lauren	4 - 5pm <b>Cadillac/Chair Pilates</b> Kate P	2:30 - 3:30pm <b>Cadillac/Chair Pilates</b> Kiki	
	6 - 7pm <b>Cadillac/Chair Pilates</b> Katie P	6 - 7pm <b>Cadillac/Chair Pilates</b> Lauren	5 - 6pm <b>Cadillac/Chair Pilates</b> Lauren	5 - 5:50pm <b>Cadillac/Chair Pilates</b> Katie		
			6 - 7pm <b>Cadillac/Chair Pilates</b> Lauren	7:15 - 8:15pm <b>Beginning Ballet</b> Dawn		

### CLASS PACKAGES

Expires 4 months after purchase

5 classes: **\$160**  
10 classes: **\$300**  
15 classes: **\$420**  
20 classes: **\$480**

Single Class: **\$35**

One Month Unlimited: **\$500**

New Client Class Special: **\$40 for 2 classes**

### PERSONAL TRAINING

Private: **\$120**  
Semi-Private: **\$70**  
Package of 12: **\$1,100**  
New Client Private Special: **\$50\***  
\*Limited to one per client

### GYROTONICS

Private: **\$150**  
Semi-Private: **\$90**  
Group: **\$70**