

Project Pilates Schedule

Updated November 2015

**BOTH
A RESERVATION & PREPAYMENT
ARE REQUIRED
FOR ALL
PROJECT PILATES
EQUIPMENT CLASSES**

PRICING

HHF & Project Pilates Members:

\$25

- TOWER
- REFORMER
- CURCUI
- MIXED EQUIPMENT
- JUMBOARD
- BUILDING BONES

INCLUDED

- MAT
- FUSION

Non-Members:

\$30

- TOWER
- REFORMER
- CURCUI
- MIXED EQUIPMENT
- JUMBOARD
- BUILDING BONES

\$25

- MAT
- FUSION

201-714-7600

161 Erie Street,
Jersey City, New Jersey, 07302

www.HamiltonHealthFitness.com

www.ProjectPilates.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am						Reformer Beginner 8-8:55am w/Hanh	
8am						Mixed Equipment Intermediate 9-9:55am w/ Hanh	
9am	Mat Beg/Int 9-9:55am w/Hanh	Reformer Intermediate 9-9:55am w/ Hanh	Mat Beginner 9-9:55am w/Hanh	Reformer Intermediate 9-9:55am w/ Shauna	Reformer/Jumpboard Intermediate/Advanced 9-9:55am w/Shauna	Tower Beginner/Intermediate 10-10:55 w/Hanh	Reformer Beginner 9-9:55am w/Dorela
10am	Tower Beginner 10-10:55am w/ Hanh		Reformer Beginner 10-10:55am w/Hanh	Building Bones w/ Pilates Circuit Intermediate 10:30-11:25am w/ Hanh	Fusion Open Level 10-10:55am w/Shauna		Reformer Beginner/Intermediate 10-10:55am w/Dorela
11am						Mixed Equipment Intermediate 11-11:55am w/ Hanh	Circuit Intermediate/Advanced 11-11:55am w/ Dorela
12pm		Pilates Based Movement 12-12:55pm w/Christie				Reformer Beginner 12-12:55pm w/Hanh	Fusion Open Level 12-12:55pm w/ Shauna
1pm							
2pm							
3pm							
4pm							
5pm							
6pm	Reformer Beg/Int 6-6:55pm w/Hanh	Tower Intermediate 6:30-7:25pm W/ Shauna	Fusion Open Level 6-6:55pm w/Shauna				
7pm			Tower Beg/Int 7:00-7:55pm w/Shauna	Tower Beginner 7-7:55pm w/Dorela			
8:00pm	Reformer Beginner 8-8:55pm w/Hanh				Mixed Equipment Intermediate 8-8:55pm w/Dorela		

**Pilates Basics
for Beginners
4-4:55pm
1st Sunday of Every Month**