

# Project Pilates

## September thru December 2014

**\*RESERVATION REQUIRED FOR FOR**

**EQUIPMENT CLASSES:**

- GROUP TOWER
- CIRCUIT
- REFORMER

**HHF MEMBERS**

- GROUP TOWER (\$25)
- PILATES CIRCUIT (\$25)
- PILATES REFORMER (\$25)

**NON-MEMBERS**

- MAT/FIT BALL (\$25)
- GROUP TOWER (\$30)
- PILATES CIRCUIT (\$30)
- PILATES REFORMER (\$30)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am							
9am	<b>Mat</b> Beg/Int 9-9:55am w/Hahn	<b>Reformer</b> Intermediate 9-9:55am w/Hanh	<b>Mat</b> Beginner 9-9:55am w/Debbie	<b>Reformer</b> Intermediate 9-9:55am w/Shauana	<b>Pilates Fusion</b> Open Level 9-9:55am w/Shauana	<b>Tower</b> Beg/Int 10-10:55 w/Hanh	<b>Reformer</b> Beginner 9-9:55am w/Dorela
10am	<b>Tower</b> Beginner 10-10:55am w/Hahn		<b>Reformer</b> Beginner 10-10:55am w/Debbie		<b>Reformer/Jumpboard</b> Intermediate 10-10:55am w/Shauana	<b>Pilates Mat</b> Intermediate 10:05-11am w/Debbie	<b>Reformer</b> Beg/Int 10-10:55am w/Dorela
11am				<b>Building Bones w/ the Pilates Circuit</b> Intermediate 10:30-11:25am w/Hahn		<b>Mixed Equipment</b> Intermediate 11-11:55am w/Hahn	<b>Circuit</b> Int/Adv 11-11:55am w/Dorela
12pm						<b>Reformer</b> Beginner 12-12:55pm w/Hahn	<b>Pilates Fusion</b> Open Level 12-12:55pm w/Shauana
1pm							<b>Abs and Stretch</b> Open Level 1-1:55pm w/Dorela
2pm							
3pm							
4pm							<b>Pilates Basics for Beginners</b> 4-4:55pm 1st Sunday Every Month
5pm							
6pm	<b>Reformer</b> Beg/Int 6-6:55pm w/Hahn		<b>Pilates Fusion</b> Open Level 6-6:55pm w/Shauana				
7pm		<b>Tower</b> Intermediate 6:30-7:25pm w/Shauana					
7:30pm		<b>Reformer/Jumpboard</b> Int/Adv 7:30-8:25pm w/Shauana	<b>Tower</b> Beg/Int 7-7:55pm w/Hahn	<b>Tower</b> Beg/Int 7pm - 7:55pm w/Dorela			
8:00pm				<b>Fit Ball</b> Intermediate 7-7:55pm w/Debbie			

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