



# THE PILATES STUDIO NOVEMBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 12:00 PM	<b>GROUP REFORMER</b> 7:00 - 7:50 AM <i>Kimi</i>					<b>GROUP CLASS PRICING</b>  CVAC Member / Non-Member 1 Session - \$35 / \$40 6 Sessions – \$174 / \$198 12 Sessions – \$312 / \$372 24 Sessions – \$576 / \$696  Contact Kimi Hori, Fitness Director: <a href="mailto:KIMI@CVAClife.com">KIMI@CVAClife.com</a>	
	<b>CARDIO MIX</b> 8:00 - 8:50 AM <i>Kimi</i>	<b>GROUP REFORMER</b> 8:30 - 9:20 AM <i>Kimi</i>		<b>GROUP REFORMER</b> 8:30 - 9:20 AM <i>Meg</i>			
		<b>GROUP REFORMER</b> 9:30 - 10:20 AM <i>Kimi</i>		<b>GROUP REFORMER</b> 9:30 - 10:20 AM <i>Meg</i>			
		<b>GROUP REFORMER</b> 11:30 AM - 12:20 PM <i>Kimi</i>			<b>GROUP REFORMER</b> 11:00 - 11:50 AM <i>Kimi</i>		
12:00 PM - 8:00 PM	<b>RESTORE &amp; RESET</b> 12:00 PM - 12:50 PM <i>Kimi</i>		<b>CARDIO MIX</b> 12:00 PM - 12:50 PM <i>Kimi</i>			<b>Group Reformer: Mixed level. Use of the Reformer, Tower, Combo Chair, Jumpboard, and Arc Barrel</b>  <b>Restore and Reset: Mixed level. Focus on gentle exercises, deep stretches, fascia release, and mobility</b>  <b>Cardio Mix: Blend of Reformer, Floor, Jumpboard to increase the heart rate (Previous reformer experience required)</b>	
	<b>GROUP REFORMER</b> 4:30 - 5:20 PM <i>Kimi</i>			<b>RESTORE &amp; RESET</b> 4:30 - 5:20 PM <i>Meg</i>	<b>GROUP REFORMER</b> 4:30 - 5:20 PM <i>Kimi</i>		
				<b>GROUP REFORMER</b> 5:30 - 6:20 PM <i>Meg</i>			
	<b>GROUP REFORMER</b> 6:30 - 7:20 PM <i>Kimi</i>						

For Pilates Reformer information, please contact  
Kimi Hori, Fitness Director, at [Kimi@CVAClife.com](mailto:Kimi@CVAClife.com)