



THE PILATES STUDIO

FEBRUARY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 12:00 PM	GROUP REFORMER 7:00 - 7:50 AM <i>Kimi</i>					GROUP CLASS PRICING 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: KIMI@CVAClife.com	
	CARDIO MIX 8:00 - 8:50 AM <i>Kimi</i>	GROUP REFORMER 8:30 - 9:20 AM <i>Kimi</i>		GROUP REFORMER 8:30 - 9:20 AM <i>Meg</i>			
		GROUP REFORMER 9:30 - 10:20 AM <i>Kimi</i>		GROUP REFORMER 9:30 - 10:20 AM <i>Meg</i>			
		GROUP REFORMER 11:30 AM - 12:20 PM <i>Kimi</i>	BEGINNER REFORMER 11:00 - 11:50 AM <i>Kimi</i>	GROUP REFORMER 11:30 AM - 12:20 PM <i>Meg</i>	CARDIO MIX 11:00 - 11:50 AM <i>Kimi</i>		
12:00 PM - 8:00 PM	RESTORE & RESET 12:00 PM - 12:50 PM <i>Kimi</i>		CARDIO MIX 12:00 PM - 12:50 PM <i>Kimi</i>		GROUP REFORMER 12:00 PM - 12:50 PM <i>Kimi</i>	Group Reformer: Mixed level. Use of the Reformer, Tower, Combo Chair, Jumpboard, and Arc Barrel Beginner Reformer: Fundamentals of Pilates with basic movements Restore and Reset: Mixed level. Focus on gentle exercises, deep stretches, fascia release, and mobility Cardio Mix: Blend of Reformer, Floor, Jumpboard to increase the heart rate (Previous reformer experience required)	
	GROUP REFORMER 4:30 - 5:20 PM <i>Kimi</i>			RESTORE & RESET 4:30 - 5:20 PM <i>Kimi</i>	GROUP REFORMER 4:30 - 5:20 PM <i>Kimi</i>		
				GROUP REFORMER 5:30 - 6:20 PM <i>Kimi</i>			
	GROUP REFORMER 6:30 - 7:20 PM <i>Kimi</i>						

For Pilates Reformer information, please contact
 Kimi Hori, Pilates & Group Fitness Manager, at Kimi@CVAClife.com