

**GROUP REFORMER CLASS
WEST CENTRAL SCHEDULE**

**Our Pilates Program is growing at west central! PLEASE let us know what class times you would like us to add to our schedule.
We hope that EVERYONE joins us in class so that EVERYONE can experience the workout Every BODY is talking about!**

- To sign up for a class please contact Kelli Harsh; 316-634-3120 OR khars@genesishealthclubs.com
- Before beginning a Group Reformer class which is already in process each student must complete 3 – 6 private sessions with a GHC PILATES Trainer
- Group Reformer Cancellation Policy: Cancellations must be made 1 week prior to the class(es) which will be missed.
- Cost: \$240/12 Classes \$150/6 Classes \$30/1 Class drop in

DAY	TIME	INSTRUCTOR
Monday	9:15 am	Demetra
Wednesday	9:15 am	Deedee
Thursday	8:15 am	Demetra
Friday	9:15 am	Deedee

Updated 11/14/2011

