

# Fort Collins Club | Pilates Schedule

Monday			
Class		Time	Instructor
Tower / Chair \$	T	9:00-10:00am	Michelle S.
Reformer \$	R	10:30-11:30am	Tara
Reformer \$	R	5:00-6:00pm	Michelle R.
Combo Equipment Class \$	R	6:00-7:00pm	Michelle R.
Basic Reformer \$	ME	6:00-7:00pm	Mary
Tuesday			
Class		Time	Instructor
Booty Blast \$	ME	7:30-8:30am	Amber
Basic / Intermediate Mat	1	9:15 - 10:15am	Beck
Basic Reformer \$	R	9:30-10:30am	Michelle S.
Basic / Intermediate Reformer \$	ME	12:30-1:30pm	Ali
Barre Fitness	1	1:00-2:00pm	Bailey
Senior Reformer \$	R	1:30-2:30pm	Michelle R.
Basic Reformer \$	R	2:30-3:30pm	Julie R.
Barre Fitness	1	6:40 - 7:40pm	Sara
Wednesday			
Class		Time	Instructor
Basic Reformer \$	ME	7:30-8:30am	Amber
Senior Reformer \$	R	9:00-10:00am	Michelle R.
Reformer \$	R	10:15-11:15am	Tara
Basic / Intermediate Mat	1	10:25-11:25am	Ali
Equipment for Men \$	R	11:30-12:30pm	Tara
Senior Reformer \$	R	1:30-2:30	Michelle R.
Thursday			
Class		Time	Instructor
Tower / Mat \$	ME	7:00-8:00am	Mary
Reformer \$	R	10:00-11:00am	Michelle S.
Beg. Tower / Chair \$	T	11:15-12:15pm	Michelle S.
Barre Fitness	1	11:30-12:30pm	Bailey
Reformer \$	R	4:30-5:30pm	Michelle R.
Mixed Equipment \$	R	5:30-6:30pm	Michelle R.
Barre Fitness	1	5:30-6:30pm	Emily

Friday			
Class		Time	Instructor
Basic Reformer \$	R	9:00-10:00am	Michelle R.
Senior Reformer \$	R	10:00-11:00am	Michelle R.
Intermediate Reformer \$	ME	9:30-10:30am	Ali
Basic Reformer \$	ME	10:30 - 11:30am	Ali
All Levels Mat	1	12:15-1:15pm	Michelle S.
Saturday			
Class		Time	Instructor
Reformer \$	R	9:00-10:00am	Michelles
Basic / Intermediate Mat	1	9:15-10:15am	Rotate
Sunday			
Class		Time	Instructor
Pilates Mat	1	9:15-10:15am	Joan
Barre Fitness	1	11:30-12:30pm	Maggie

## Key

\$ Fee-based class                      1 Group Studio 1  
 R Reformer Room                        T Tower  
 ME Mixed Equipment Studio / Conference Room

## PLEASE NOTE

*In order to make the most efficient use of our space, we may discontinue large group classes if there are under ten participants for four consecutive weeks. Small group classes may be discontinued if there are less than three participants. This policy may be excluded during holidays and special occasions. Thank you for your understanding!*

*\*Instructor approval is required for any small group Pilates class. In order to ensure safety and class standards are met, anyone interested in signing-up, even if you have taken classes and/or private instruction elsewhere, please set-up an introductory session to get oriented to our studio, evaluate placement, and determine if further instruction is necessary before registering for small group classes.*

