

# Fort Collins Club | Pilates Schedule

Monday			
Class		Time	Instructor
Int / Adv Tower & Chair \$	ME	9:00-10:00am	Michele S.
Beginner Mixed Equipment\$	ME	6:00-7:00pm	Mary
Tuesday			
Class		Time	Instructor
Basic / Intermediate Mat	1	9:15 - 10:15am	Beck
Beg / Int Reformer \$	R	9:30-10:30am	Michele S.
Beg / Int Reformer \$	ME	12:30-1:30pm	Ali
Advanced Reformer \$	ME	4:30-5:30pm	Ali
Mixed Equipment \$	ME	6:00-7:00pm	Michelle R.
Barre Fitness	1	6:40 - 7:40pm	Sara
Wednesday			
Class		Time	Instructor
Beginner Reformer \$	ME	7:30-8:30am	Amber
Senior Reformer \$	R	9:00-10:00am	Michelle R.
Intermediate Reformer \$	R	10:15-11:15am	Tara
Beg. Mixed Equipment \$	ME	10:15-11:15am	Michelle R.
Basic / Intermediate Mat	1	10:25-11:25am	Ali
Beginner Reformer \$	ME	12:30-1:30pm	Ali
Beg / Int Reformer \$	R	4:30-5:30pm	Michele S.
Thursday			
Class		Time	Instructor
Int / Adv Tower / Mat \$	ME	7:00-8:00am	Mary
Intermediate Reformer \$	R	10:00-11:00am	Michele S.
Beg / Int Tower / Chair \$	ME	11:15-12:15pm	Michele S.
Barre Fitness	1	11:30-12:30pm	David
Beg / Int Mixed Equipment\$	ME	12:30-1:30pm	David
Reformer \$	R	4:30-5:30pm	Michelle R.
Mixed Equipment \$	ME	5:30-6:30pm	Michelle R.
Barre Fitness	1	5:30-6:30pm	Emily

Friday			
Class		Time	Instructor
Beginner Reformer \$	R	9:00-10:00am	Michelle R.
Intermediate Reformer \$	ME	9:30-10:30am	Ali
Senior Reformer \$	R	10:00-11:00am	Michelle R.
Beginner Reformer \$	ME	10:30 - 11:30am	Ali
All Levels Mat	1	12:15-1:15pm	Michele S.
Saturday			
Class		Time	Instructor
Intermediate Reformer \$	R	9:00-10:00am	Michelle / Michele
Basic / Intermediate Mat	1	9:15-10:15am	David
Barre Fitness	1	10:30-11:30am	Winter
Sunday			
Class		Time	Instructor
Pilates Mat	1	10:20-11:20am	Joan
Barre Fitness	1	11:30-12:30pm	Winter

## KEY

**\$** Fee-based class, instructor approval required to register  
**1** Group Exercise Studio 1  
**R** Reformer Room  
**ME** Mixed Equipment Studio

## 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.*

## FREE MONTHLY EQUIPMENT CLASSES

*Every month there is a free equipment class for members wanting to try out the reformers for the first time. Registration is limited to 4 students. Please contact Fort Collins Club Front Desk, 970-224-2582, for information and to register. First time clients only.*

**\*Instructor approval is required for any small group, fee based Pilates equipment 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. Thank you for your understanding!*

