

Fort Collins Club | Pilates Schedule

Monday			
Class		Time	Instructor
Tower / Chair \$	ME	9:00-10:00am	Michele S.
Reformer \$	ME	10:15-11:15am	Michele S.
Basic Reformer \$	R	6:00-7:00pm	Mary
Tuesday			
Class		Time	Instructor
Basic / Intermediate Mat	1	9:15 - 10:15am	Beck
Basic Reformer \$	R	9:30-10:30am	Michele S.
Basic / Intermediate Reformer \$	ME	12:30-1:30pm	Ali
Barre Fitness	1	1:00-2:00pm	Bailey
Intermediate Reformer \$	ME	4:30-5:30pm	Ali
Reformer \$	R	6:00-7:00pm	Michelle 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
Thursday			
Class		Time	Instructor
Tower / Mat \$	ME	7:00-8:00am	Mary
Reformer \$	R	10:00-11:00am	Michele S.
Beg. Tower / Chair \$	ME	11:15-12:15pm	Michele S.
Barre Fitness	1	11:30-12:30pm	Bailey
Reformer \$	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
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
Reformer for Men \$	R	11:00am-12:00pm	Tara
All Levels Mat	1	12:15-1:15pm	Michele S.
Saturday			
Class		Time	Instructor
Reformer \$	R	9:00-10:00am	Michele S
Basic / Intermediate Mat	1	9:15-10:15am	Amber / David
Sunday			
Class		Time	Instructor
Pilates Mat	1	10:20-11:20am	Joan
Barre Fitness	1	11:30-12:30pm	Winter

KEY

- \$ Fee-based class*
- 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!*

