

Pilates Reformer Classes

January & February 2019

OSHMAN FAMILY JCC
GOLDMAN
SPORTS & WELLNESS
COMPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER 8:30-9:25 AM Nicole	REFORMER 9:30-10:25 AM Karen	REFORMER 6:00-6:55 AM Karen	REFORMER 6:00-6:55 AM Karen	REFORMER 10:00-10:55 AM Nicole	REFORMER 8:30-9:25 AM Nicole	REFORMER 11:45-12:40 PM Cissy
REFORMER 9:30-10:25 AM Nicole	REFORMER 10:30-11:25 AM Nicole	REFORMER 7:30-8:25 AM Karen	REFORMER 8:30-9:25 AM Karen	REFORMER 11:00-11:55 AM Nicole	REFORMER 11:00 - 11:55 AM Cissy	REFORMER 12:45-1:40 PM Cissy
REFORMER 10:30-11:25 AM Nicole	REFORMER 11:30- 12:25 PM Cissy	REFORMER 8:30-9:25 AM Karen	REFORMER 9:30-10:25 AM Karen	REFORMER 12:00- 12:55 PM Cissy		
REFORMER 11:30- 12:25 PM Cissy		REFORMER 9:30-10:25 AM Nicole	REFORMER 10:45- 11:40 AM Cissy			
	REFORMER 4:00-4:55 PM Cissy	REFORMER 10:30- 11:25 AM Cissy	REFORMER 11:45- 12:40 PM Karen			
REFORMER 12:30 -1:25 PM Karen		REFORMER 11:30- 12:25 PM Cissy				
REFORMER 3:15-4:10 PM Cissy			REFORMER 4:00-4:55 PM Karen			
REFORMER 4:15- 5:10 PM Nicole		REFORMER 4:00-4:55 PM Cissy	REFORMER 7:30-8:25 PM Nicole			

Note this schedule provides a general overview of current Reformer Group Classes.

For class availability please email:
Pilates@palaltojcc.org

On-line services.

Purchase Group Reformer session/s, and manage booked appointments at:
www.palaltojcc.org/Fitness-Account

24 Hour Cancellation.

All appointments require a minimum 24HR cancellation. Manage booked appointment/s at:

www.palaltojcc.org/Fitness-Account

Green Squares:

Classes with available spots.

» GROUP REFORMER PRICING		
	Member	General Public
Drop-in	\$35.00	\$50.00
<i>Note: Drop-in's have a 30-day expiration from date of purchase.</i>		
4-Classes	\$130.00	\$190.00
8-Classes	\$260.00	\$380.00
<i>Note: Packages have a 60-day expiration from date of purchase.</i>		



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