

Easton Pilates Studio

Fall/Winter Schedule Effective November 2008~2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEEL	8:00 am intermediate reformer & mat	SEE	8:00 am intermediate reformer & mat	GET the DIFFERENCE	8:00 am open class private or group
9:00 am open class private or group	9:00 am group reformer beginner	9:00 am group reformer beginner	9:00 am group reformer beginner	9:00 open class private or group	9:00 am group reformer
concentration					centering
	4:30 pm group reformer	control	4:30 pm group reformer		10:00 am group prenatal reformer
5:00pm open class private or group	6:00 pm group reformer intermediate	5:00 pm open class private or group 6:00 pm group reformer beginner	6:00 pm group reformer intermediate	<i>“It is the mind itself that builds the body” Joe Pilates</i>	precision
breath	7:00 pm tower/mat beginner	7:00pm group reformer	7:00 pm group reformer beginner		flow

- ❖ Group reformer classes limited to 3 people. Mat/ tower classes limited to 4 people. All classes are prepaid. FREE Introductory Pilates reformer lessons by appt . Required prior to entering a group reformer class.
- ❖ Remove shoes before entering into the studio. Silence pagers and cell phones. Clothes should be non-binding. Avoid oversized tops so the instructor can view your spine. Avoid heavy perfumes. Pull hair off your face.