

Jul/Aug 2017 DAHLC Pilates Reformer Schedule

Session: Jul 10 to Sep 1 (no classes July 4)

Registration opens 2 weeks prior to day/time of each class.

Call 266-4688 or stop by front desk.

| Time | M | T | W | TH | F | Sa | Sun |
|---------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----|
| | Registration opens for Mon classes on June 26 at time of class | Registration opens for Tue classes on June 27 at time of class | Registration opens for Wed classes on June 28 at time of class | Registration opens for Thu classes on June 29 at time of class | Registration opens for Fri classes on June 30 at time of class | Registration opens for Sat classes on July 1 at time of class | |
| 6:15am | | | Experienced Beth | *Essential Beth | Challenge Lori | | |
| 7:15am | | *Essential Marcy | *Essential Beth | Challenge Lori | Challenge Lori | | |
| 8:15am | | Adaptive Reformer Connie starts at 8:10am | | | Experienced Torri | *Essential Torri | |
| 9:15am | | | | | | Experienced Torri | |
| 10:15am | | Experienced Lori | | | | | |
| 11:15am | | | *Essential Marcy | Adaptive Reformer Lori | *Essential Torri | | |
| 12:15pm | *Essential Marcy | Challenge Marcy | Experienced Marcy | Challenge Trisha | | | |
| 1:15pm | Experienced Marcy | Experienced Marcy | | Experienced Trisha | | | |
| 3:15pm | | | Challenge Lori | | | | |
| 4:30pm | *Essential Marcy | Adaptive Reformer Connie | Experienced Torri | *Essential Torri | *Requires the completion of Pilates Foundations or its equivalent. Contact casey.lori@mayo.edu for more information. Reformer classes are 50 min long. Foundations classes are 60 min long. Private Lessons are fee-based-30 & 60 min lengths. | | |
| 5:30pm | *Essential Marcy | *Essential Connie | Challenge Connie | Experienced Torri | | | |
| 6:30pm | *Essential Beth | Challenge Connie starts at 6:45pm | Experienced Connie | | | | |
| 7:30pm | | Experienced Connie starts at 7:45pm | Challenge Connie | | | | |