

PILATES *for* EVERY BODY

Group Studio Classes May Schedule

ALL CLASSES REQUIRE A RESERVATION
Pilates (mat) & Yoga require a mat. You may bring your own or use a studio rental (\$2)

(schedule subject to change without notice.)

Thank you for letting us know your needs The schedule changes monthly and we continue to make those changes based on client feedback. Keep those emails coming!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:00-7:00am Spin/Shred with Pat	6:00-7:00am Spin with Pat		6:00-7:00am Kettle/Pedal with Tommy			
	8:00-8:50am Spin with Tommy	8:30-9:30am Spin/Shred with Elaine	8:00-9:00am Spin with Gail		8:00-9:15am Triple Threat with Gail	8:00-8:45am Cardio Kickboxing with Lynn	8:00-8:45am Spin with Gail
	9:00-10:00am Total Body Endurance with Gail	9:45-10:30am Pilates Mat with Joanna	9:15-10:00am Total Body Endurance with Lynn	9:00-10:00am Spin with Elaine	9:30-10:15am Hatha Yoga with Joanna	9:00-10:00am Spin with Elaine	9:00-9:45am Pilates Mat with Patty
PM							10:00-10:45am Total Body Endurance with Eddie
							11:00-12:00am Slow Flow Yoga Basics with Jan
		6:00-6:45pm Pilates Mat with Patty	6:30-7:30pm Spin with Pat	6:30-7:15pm Zumba with Melissa			
	7:15-8:00pm Kickboxing with Eddie	7:00-8:00pm Kettle/Pedal with Pat		7:30-8:30pm Power Yoga with Kristen			

* Means Advanced Class. Not recommended for individuals with back, neck or shoulder injuries.

Please arrive 5 minutes BEFORE scheduled class time. ALL PARTICIPANTS MUST SIGN-IN. Instructors will not begin class until EVERYONE has signed-in.

Access this schedule online www.pattymaraldo.com. Call 516-992-0229 or email pilatesforever@optonline.net for further information.

Payments: Packages are non-refundable & expire six months from date of purchase. Credit Cards, Cash & Checks are accepted.

There is a \$35 fee for all returned checks. Gift Certificates are available. Group Class Policy: Full payment is required to reserve a space.

Payments are NON-TRANSFERABLE. NO REFUNDS!