





Studio On Main - Classes - Spring 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M	8:00 am - Stretch Cycle Studio 1 - Kim 9:00 am - Mat Pilates Studio 4 - Kim 10:30 am - Flow Yoga Studio 4 - Cindy	8:00 am - Half & Half Studio 1 - Sally 9:00 am - Pilates/Yoga Studio 4 - Sally 10:00 am - Reformer Studio 2 - Sally	8:00 am - Cycle Studio 1 - Cindy 9:00 am - Yoga Fit Yoga Studio 4 - Cindy	8:00 am - Half & Half Studio 1 - Debby 9:00 am - Mat Pilates Studio 4 - Debby	8:00 am - Cycle Studio 1 - Lisa C. 9:00 am - Power Pilates Studio 4 - Lisa C.	8:00 am - Bootcamp Studio 3 - Meg 9:00 am - Pilates Fusion Studio 3 - Meg 10:00 am - Zumba Studio 4 - Shana
N O N	12:00-12:25 - Spin Studio 1 - Debby 12:30-12:55 - Super Sculpt Studio 4 - Debby	12:00-12:25 - Spin Studio 1 - Sally 12:30-12:55 - Lunch Yoga Studio 4 - Sally	12:00-12:25 - Spin Studio 1 - Debby 12:30-12:55 - Super Sculpt Studio 4 - Debby	Try Self-Spin! Pop in a music DVD or get lost in your I Pod while spinning. Only \$3	12:00-12:25 - Spin Studio 1 - Sally 12:30-12:55 - Lunch Pilates Studio 4 - Sally	12:00 pm - Yoga Fusion Studio 4 - Vanessa
P M	5:30 pm - Half & Half Studio 1 - Britten 6:00 pm - Zumba Studio 4 - Shana 6:30 pm - Pilates Plus Studio 3 - Britten 7:30 pm - Goodnight Yoga Studio 4 - Diane	5:30 pm - Half & Half Studio 1 - Debby 6:30 pm - Pilates Plus Studio 3 - Debby	4:30 pm - Circuit Training Studio 1 - Sally 5:30 pm - Mat Pilates Studio 4 - Sally 6:00 pm - Flow Yoga Studio 4 - Lisa A. 6:30 pm - Reformer Studio 2 - Sally	4:30 pm - Pilates Plus Studio 3 - Sally 5:30 pm - Reformer Studio 2 - Sally 6:30 pm - Flow Yoga Studio 4 - Sally	Please call to schedule your Private and Semi-Private Pilates Reformer Sessions. Ask about our Personal Training options today!	 If there is not an instructor-led cycle class scheduled, Self-Cycle is available for \$3. 

Lunch Classes: Come for one, come for both. *Only \$6 per 30 minute class!* Lunch Yoga and Lunch Pilates are designed so that you will not sweat during class and can comfortably return to work.