

# Pilates Reformer/Small Group Training (SGT)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am: Pilates Reformer with Tina (\$)		9am: Pilates Reformer with Theresa (\$)	5:30pm: Pilates Reformer with Doria(\$)	9:30am: Pilates Reformer with Tina (\$)	9:00am: SGT with Marcus (\$)	
4:30pm: SGT with Gina (\$)		6:00pm: SGT with Marcus (\$)			10am: Pilates Reformer with Doria (\$)	
5pm: Pilates Reformer with Doria (\$)						

**Small Group Training (SGT)**  
 Try one of our Small Group Training (SGT) Classes for free. Register at the front desk.  
 Extra Fee Service

**Pilates Reformer**  
 Reserve your machine at the front desk no later than 24 hours prior to class! Register at the front desk for a free demo.  
 Extra Fee Service

Please check the website for the latest class updates.  
 Schedule subject to change!!

[www.xlfitness.org](http://www.xlfitness.org)