

# 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 Anthony (\$)	
4:45pm: SGT with Gina (\$)		6:00pm: SGT with Chris (\$)			10am: Pilates Reformer with Doria (\$)	
5:30pm: 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)