

Project Pilates Schedule January 1st-May 31st

201.714.7600
HamiltonHealthFitness.com

PILATES EQUIPMENT CLASSES

***RESERVATION REQUIRED FOR
GROUP TOWER
PILATES CIRCUIT
PILATES REFORMER**

HHF MEMBERS

Mat/Fit Ball/Kettlebell (Inc.)

GROUP TOWER (\$20)

PILATES CIRCUIT (\$20)

PILATES REFORMER (\$20)

NON-MEMBERS

Mat/Fit Ball/Kettlebell (\$20)

GROUP TOWER (\$25)

PILATES CIRCUIT (\$25)

PILATES REFORMER (\$25)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			Beginner Mat 6-6:55 w/Dorela				
7am			Beg/Int Reformer 7-7:55am w/ Morgan				
8am							Beginner Reformer 8-855 w/Morgan
9am	Beginner Mat 9-9:55am w/Hahn		Int. Mat 9-9:55am w/Hanh		Pilates Based Movement 9-9:55am w/Christie	Advanced Tower 9-9:55am w/ Melissa	Ad. Beg Reformer 9-955 w/Morgan
10am	Beg/Int Tower 10-10:55am w/ Hahn	Beg/Int Reformer 10-10:55am w/ Hanh	Int. Tower 10-10:55am w/Hanh		Int. Reformer 10-10:55am w/ Christie	Int. Tower 10-10:55am w/ Hanh	Pre-Natal Mat 10-10:55am w/ Sarah
11am						Beginner Mat 10-10:55am w/Morgan	Beginner Tower 11-11:55am w/ Sarah
12pm						Beginner Tower 11-11:55am w/ Hanh	Int. Mat 12-12:55pm w/Sarah
1pm						Beg/Int Reformer 1-1:55pm w/Hahn	Int. Circuit 1-1:55pm w/ Melissa
2pm							Kettlebell Mat 2-3pm w/Melissa
3pm							Pilates Basics for Beginners 3-5pm February 5th April 1st
4pm							
5pm			Int/Adv Mat 6-6:55pm w/Sarah				
6pm	Pilates Based Movement 6-6:45pm w/Dorela	Beginner Reformer 6:30-7:25 W/ Hahn	Beginner Reformer 6-6:55pm W/ Hahn				
7pm	Beg/Int Tower 7-7:55pm w/Christie	Int. Tower 7:30-8:25 w/ Hahn	Beg/Int Tower 7-7:55pm w/ Hahn	Fit Ball Mat 7-7:55pm w/Morgan			
8pm	Beg/Int Reformer 8-8:55pm w/Christie		Post Natal Mat 8-8:55pm w/Sarah	Beg/Int Reformer 8-8:55pm w/Morgan			
9pm							