

PROJECT PILATES SCHEDULE UPDATED AUGUST 2017

MON	TUES	WED	THURS	FRI	SAT	SUN
Pilates Mat Beg/Int 9-9:55am w/Hanh	Reformer Beg/Int 9-9:55am w/Hanh	Pilates Mat Beg/Int 9-9:55am w/Hanh	Reformer Intermediate 9-9:55am w/Hanh	Reformer/Jump Open Level 9-9:55am w/Shauana	Mixed Equip Intermediate 9-9:55am w/Hanh	
Tower Beginner 10-10:55am w/Hanh	Equipment Open Level 10-10:55am w/Hanh	Reformer Beginner 10-10:55am w/Hanh	Building Bones/Mixed Beg/Int 10-10:55am w/Hanh	Fusion Open Level 10-10:55am w/Shauana	Tower Beg/Int 10-10:55am w/Hanh	Mixed Equipment Beg/Int 10-10:55 w/Shauana
			Equipment Open Level 11-11:55am w/Hanh		Pilates Mat Open Level 11-11:55am w/Hanh	Jumpboard & Mixed Open Level 11-11:55am w/Shauana
					Reformer Beginner 12-12:55pm w/Hanh	Fusion Open Level 12-12:55pm w/Shauana

Strength and Length Open Level 6-6:55pm w/Christina	Reformer PLUS Beg/Int 6:30-7:25pm w/Christina	Pilates Mat Beginner 6-6:55pm w/Caitlin
Reformer Beginner 7:00-7:55pm w/Christina		

Reformer Beg/Int 7:30-8:25pm w/Christina

HHF MEMBERS (AND PROJECT PILATES MEMBERS) MAT CLASSES INCLUDED W/MEMBERSHIP	
SINGLE EQUIPMENT CLASS	\$30
5-PACK EQUIPMENT CLASS	\$130
10-PACK EQUIPMENT CLASS	\$250

NON-MEMBERS	
SINGLE MAT CLASS	\$30
SINGLE EQUIPMENT CLASS	\$35
5-PACK EQUIPMENT CLASSES	\$155
10-PACK EQUIPMENT CLASSES	\$300

PP EQUIPMENT MEMBERSHIPS	
ENROLLMENT FEE	\$29 + TAX
1 MONTH UNLIMITED	\$210 + TAX
3 MONTH UNLIMITED	\$195 + TAX
6 MONTH UNLIMITED	\$175 + TAX

***EQUIPMENT CLASSES** ARE DESIGNATED IN **ORANGE**.

***MAT CLASSES** ARE DESIGNATED IN WHITE (WHICH ARE INCLUDED IN HHF MEMBERSHIPS AND PASSES)

***LEVEL ASSESSMENT REQUIRED FOR ALL FIRST-TIME EQUIPMENT CLASS REGISTRATIONS.**

***BOTH RESERVATION & PAYMENT ARE REQUIRED FOR ALL PILATES EQUIPMENT CLASSES.**

***24-HOUR CANCELLATION POLICY APPLIES TO ALL EQUIPMENT CLASSES.**

***EQUIPMENT CLASSES MAY BE CANCELLED IF FEWER THAN 2 PEOPLE ARE ENROLLED.**

PLEASE ENROLL IN ADVANCE IF YOU PLAN ON ATTENDING. SEE YOU IN CLASS!

201-432-5849

201- HEALTHY

161 ERIE STREET

(INSIDE HAMILTON HEALTH & FITNESS)
JERSEY CITY, NJ 07302