

PROJECT PILATES SCHEDULE UPDATED MARCH 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 Int/Adv 9-9:55am w/Shaua	Mixed Equip Intermediate 9-9:55am w/Hanh	
Tower Beginner 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/Shaua	Tower Beg/Int 10-10:55am w/Hanh	Mixed Equipment Beg/Int 10-10:55 w/Shaua
			Equipment Open Level 11-11:55am w/Christie		Pilates Mat Open Level 11-11:55am w/Hanh	Jumpboard & Mixed Open Level 11-11:55am w/Shaua
					Reformer Beginner 12-12:55pm w/Hanh	Fusion Open Level 12-12:55pm w/Shaua
Strength and Length Open Level 6-6:55pm w/Kristin		Pilates Mat Beginner 6-6:55pm w/Caitlin	Reformer Beg/Int 6-6:55pm w/Kristin			
Reformer Beginner 7:30-8:25pm w/Kristin		Reformer PLUS Beg/Int 7-7:55pm w/Christie				

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

- ***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!

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201- HEALTHY

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