



CORPUS CHRISTI
ATHLETIC CLUB

Effective: Monday June 28, 2010

Pilates Reformer Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		Reformer Intro Dee					
9:00 am	Reformer Intro Tabatha		Reformer Intro Tabatha		Reformer Intro Dee		
10:00am	Reformer Intro Tabatha		Reformer Intro Tabatha				
10:30 am						Reformer Intro Tabatha	
12:15 pm		Reformer Intro Dee	Reformer Intro Dee	Reformer Intro Dee			
4:30 pm		Reformer Intro Tabatha			Reformer Intro Dee		
6:00 pm			Reformer Intro Tabatha		Reformer Intro Dee		

Class Descriptions

What is Pilates? – Free orientation class which allows you try out the equipment and learn about the training. Orientations are held the first Saturday of the month, 10:00am.

Pilates Reformer Intro – Learn & Master the fundamental Pilates Reformer Training & Equipment. These classes are a prerequisite to Reformer I.

Reformer I – Intermediate Level Pilates Reformer training. These classes are a prerequisite to Reformer II.

Reformer II – Advanced Level Pilates Reformer training.

* * Reformer I & Reformer II classes & times are available upon request. Please see an instructor for more details.

For more information or to schedule an appointment please contact a Pilates Reformer Instructor.

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