



Effective: Sunday, December 20, 2009

## Pilates Reformer Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Reformer Intro Tabatha		Reformer Intro Tabatha		Reformer Intro Dee		
9:30 am							
10:00am						What is Pilates? (Free) Tabatha	
10:30 am		Reformer Intro Abby		Reformer Intro Abby		Reformer Intro Tabatha	
12:15 pm		Reformer Intro Abby	Reformer Intro Dee	Reformer Intro Abby			
4:30 pm		Reformer Intro Tabatha		Reformer Intro Dee			
5:00 pm							
5:30 pm				Reformer Intro Dee			
6:00 pm			Reformer Intro Tabatha				

### Class Description

**Reformer Intro** – Learn & Master the fundamental Pilates Reformer Training & Equipment.

**What is Pilates?** – Free orientation class which allows you try out the equipment and learn about the training.

(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 contact an instructor for more details.

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