

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|-------------------------------|--------------|-------------------------------|--------------|-------------------------|
| 8:30 AM | Pilates Kari/Tiffany | | Pilates Kari/Tiffany | | Pilates Kari/Tiffany |
| 9:45 - 10:15 AM | Pilates on Weights Tiffany | | Pilates on Weights Tiffany | | |
| 5:30 PM | Reformed Mat Tiffany | Yoga Jane | Pilates Tiffany | Yoga Jane | |

Schedule subject to change

REFORMED MAT

This class takes traditional reformer exercises to a group setting. A stable mat bed with various strengths of tubing provides a greater emphasis on upper and lower body strengthening exercises.

PILATES

This class is a traditional Pilates-based class incorporating foam rolling, small equipment, and the BOSU with basic Pilates. Focusing on core strength and flexibility in a 3-dimensional approach.

PILATES ON WEIGHTS (POW)

Learn how to safely perform exercises on weights using Pilates principles. Benefits include building strength, increasing metabolism, toning muscles, increasing bone strength, and more! Maximum of 8 participants; currently at 5. Please contact Tiffany at tvosters@yahoo.com if you are interested in adding the POW class.

* This class cannot be used as a make-up class and requires the prerequisite of the "Intro to Pilates on Weights" course.

YOGA

This class incorporates working yoga including standing strength, sun salutations, balance challenges, and deep flexibility utilizing the Yoga Fit method.

SMALL GROUP PERSONAL TRAINING

There are other options besides group classes! If you are interested in training more often than group classes allow, small group personal training is for you! We are offering training for small groups of up to 4 people per group. These sessions can cover anything your heart desires, including Pilates on Weights, functional training, Pilates with equipment, Yoga, cardio, and weight training combined...anything that will help you meet your specific needs and reach your personal goals! Your group can choose a schedule that best works for you and your trainer, Tiffany.

Training in a small group is affordable! A typical individual private session costs \$60.00, but with a group class you are able to split the cost among the participants, **an average of \$15.00 per session!** If you do not have a group of 4 we can match you with other participants. Call 920.886.1390 or email Tiffany at tvosters@yahoo.com if interested.