

PILATES CLASS SCHEDULE

JULY 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**6:00 AM
Jennifer**

**12:15 PM
Troy**

**12:15 PM
Troy**

**4:45 PM
Marilynn**

**5:45 PM
Marilynn**

**4:45PM
Marilynn**

**5:45 PM
Marilynn**

Reformer Class Pricing
Drop-in Pass: \$30/class
5 Pack \$125
10 Pack \$200
20 Pack \$300
Unlimited \$150/month

- The Benefits of Pilates**
- Develop a strong core & back
 - Gain long, lean muscles
 - Increase flexibility
 - Create a balanced body
 - Improve sports performance
 - Prevent injuries
 - Enjoy a refreshing mind/body workout

**Before joining group classes, we request that you
complete an Orientation Class.**
To schedule contact: patricia.schnabel@clubcorp.com



**CENTER CLUB
AT DOWNTOWN**

A Member of the ClubCorp Family