



GROUP REFORMER TRAINING

December 1 - February 29, 2012

Group Reformer Training is an exercise method that strengthens your core and transforms the way your body looks, feels, and performs, using a Balanced Body Studio Reformer.

\$26- single session
 \$23- per session for a 6 pack
 \$21- per session for a 12 pack

Pilates Coordinator
 Jill Samson
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Mind•Body Director
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 am All levels Kathy	7:00 - 8:00 am Strength/Stretch Kim	6:00 - 7:00 am Cardio Pilates Jill	6:00-7:00 am Cyclates Joanne	6:00 - 7:00 am Hard Core Kim		
			7:00 - 8:00 am Strength/Stretch Kim	9:00 - 9:30 am Power Blast Jill		
9:30 - 10:30 am Power Pilates Jill	10 - 11:00 am Core Challenge Kim	9:30 - 10:30 am Power Pilates Jill	9:00 - 10:00 am Hard Core Susan	10:00 - 11:00 am Interval Training Susan	9:30 - 10:30 am Power Pilates Kim	9:30 - 10:30 am Power Pilates Kathy
10:45 - 11:45 am Intermediate Jill	11:00-12:00pm Cardio Pilates Susan	10:30-11:00am Prenatal Pilates Jill	10:00 - 11:00 am Core Challenge Kim	11:15 - 12:15 pm Stength & Stretch Jill		
12:00-1:00pm All Levels Jill	12:00 - 1:00 pm Power Pilates Kim	11:15 - 12:15 pm Core Challenge Jill	12:00 - 1:00 pm Power Pilates Kim	12:15 - 1:15 pm Power Pilates Circuit Jill		
			1:30 - 2:30 pm All levels Jill			
5:15 - 6:15 pm All levels Kathy	5:30 - 6:00 pm Cardio Blast Michele					
6:00 - 7:00 pm Pilates & Kinesis Judy		6:15-7:15pm Cardio Pilates Joanne	5:45 - 6:45 pm All levels Michele			