

# GENESEE MOUNTAIN FITNESS

## Group Pilates Class Schedule

### 303.526.5997

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM REFORMER	9:00 AM REFORMER	11:00 AM REFORMER	9:00 AM REFORMER	8:30 AM REFORMER	8:00 AM REFORMER/ POWER CIRCLE	Try a Private Reformer Lesson!
	4:00 PM REFORMER/ TOWER		4:00 PM REFORMER/ TOWER	10:00 PM REFORMER	Try a Private Yoga Session!	
6:30 PM REFORMER		6:00 PM REFORMER		Ask for a <b>FREE</b> Demo on the Pilates Reformer		Comments & Suggestions are Welcome

Effective January 2008

Our goal as Pilates Instructors: Helping clients develop strength in the centerline to ease compression and to restore the body's balance. The majority of clients have similar issues; weakness in the gluteals, abdominals, spinal postural muscles, tight hamstrings, hip flexors, quads, chest and shoulders. We teach students to help them find their way with imbalances of the body and restore functional, healthy movement. Three private introductory sessions must be completed before taking group classes. Please sign up for group classes to ensure a spot, as space is limited.