



GENESEE MOUNTAIN FITNESS

Pilates Reformer 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		8:00 AM REFORMER/ POWER CIRCLE	
	4:00 PM REFORMER		4:00 PM REFORMER	10:00 PM REFORMER		
6:00 PM REFORMER		6:00 PM REFORMER				Try a Private Reformer Lesson!

* indicates an extra fee

Effective September 2009

Schedule/Instructor subject to change...for weekly changes see update board, otherwise www.geneseefitness.com

Please adhere to the following class policies to ensure a safe, effective and enjoyable workout:

Please follow the directions of your instructor

Arrive on time as the warm-up is designed for your safety

Proper athletic shoes must be worn at all times

Please explain any medical or orthopedic conditions