













## MONDAY

-  7:15–8a Full Body Sculpt w/ Julia
-  9:15–10a Barre Box w/ Julia
- 5:15–6p Mat Pilates: Beginner
-  5:15–6:30p Adult Contemporary Dance\*
-  6:30–8p Ballet 3: Adult Intermediate Foundations Ballet



## TUESDAY

-  6:15–7a Mat Pilates: Men on the Mat
-  7:15–8a Power Sculpt w/ Julia
- 12–12:45p Full Body Sculpt w/ Julia
- 5:15–6p Mat Pilates: Intermediate 1/2
-  6:15–7:45p Ballet 2: Adult Advanced Beginner Ballet

## WEDNESDAY

-  6:15–7a Full Body Sculpt w/ Julia
-  9:15–10a Mat Pilates: Adv Beg/Int 1
- 5:15–6p Barre Burn w/ Julia
-  6:15–7:45p Ballet 4: Adult Intermediate/Advanced Ballet



## THURSDAY

-  7:15–8a PiYo w/ Julia
  - 12–12:45p Power Sculpt w/ Julia
  -  5:15–6p LaBlast w/ Julia
- NO CLASS: 7/30**

## SATURDAY

- 8:30–9:15a Mat Pilates: Intermediate 1
- 9:30–10:15a Mat Pilates: Beginner
- 10:30–11:15a Mat Pilates: Intermediate 2

## SUNDAY

-  9–10a Vinyasa Flow\*\* w/ Hayley <sup>7/12, 7/19 & 7/26</sup>
-  9–10a Step & Strength\*\* w/ Lisa <sup>7/12 & 7/19</sup>

\*6-week series begins 7/6  
\*\*pop-ups in July, dates listed

### CLASSICAL MAT PILATES LEVELS:

**Beginner** = no previous experience required.

**Advanced Beginner/Intermediate 1** = a segue for those ready to progress their beginner-level practice but are not fully intermediate (yet). Open to beginners with classical Pilates vocabulary.

**Intermediate 1** = minimum of 4 months practice (having graduated fully from **Beginner**) and/or instructor permission.

**Intermediate 2** = comprehensive practice & knowledge of classical Pilates exercises is assumed AND instructor permission required. Minimum of 6 months of practice at the Intermediate 1 level.

**Intermediate 1/2** = the “sweet spot” between Intermediate 1 & 2 material, open to all at these respective levels.

 Summer Class Offering

 New Class & New Instructor

 New Class Section

  Drop-In Classes Available