

# PILATES CLASS SCHEDULE

## MONDAY

REFORMER	6:00AM	RACHEL
REFORMER	7:00AM	RACHEL
SILVER REFORMER	8:15AM	ROBIN
REFORMER	9:10AM	BONNIE
SILVER EXO CHAIR	9:15AM	JACKI
REFORMER	10:05AM	NICOLE
EXO CHAIR	5:00PM	LINDSAY
REFORMER	5:30PM	ANGELA

## TUESDAY

SILVER REFORMER	8:15AM	ROBIN
REFORMER	9:10AM	LINDSAY
SILVER EXO CHAIR	9:15AM	BONNIE
REFORMER	10:05AM	LINDSAY
EXO CHAIR	10:30AM	BONNIE

## WEDNESDAY

SILVER REFORMER	8:15AM	JACKI
REFORMER	9:10AM	ROBIN
SILVER REFORMER	10:05AM	NICOLE
EXO CHAIR	11:15AM	LINDSAY
REFORMER	4:15PM	LINDSAY

## THURSDAY

REFORMER	6:00AM	RACHEL
SILVER REFORMER	8:15AM	BONNIE
REFORMER	9:10AM	LINDSAY
SILVER EXO CHAIR	9:15AM	ROBIN
REFORMER	10:05AM	ANGELA
EXO CHAIR	10:30AM	BONNIE

## FRIDAY

REFORMER	8:15AM	ROBIN
SILVER REFORMER	9:10AM	ANGELA
REFORMER	10:05AM	ANGELA

## SATURDAY

REFORMER	8:00AM	STAFF
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ALL CLASSES ARE 45MIN

EXO CHAIR CLASSES HELD IN STUDIO A  
REFORMER CLASSES HELD IN STUDIO B

REC CENTER  
PILATES



## GET STARTED

SIGN UP AND ATTEND A SATURDAY  
GROUP INTRO CLASS (\$30)

**OR**

CONTACT LINDSAY

**LINDSAY.MONTAGUE@COLLINS.COM**

319-295-0024

TO SET UP A PRIVATE INTRO SESSION (\$)  
(PERSONAL TRAINING RATES APPLY)

## GROUP INTRO TO PILATES

**SATURDAYS 9:00AM**

**DATES SUBJECT TO CHANGE  
SCHEDULE ONLINE**

**\$30**

APRIL  
2023



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# BASECAMP SCHEDULE

## MONDAY

9:15AM	ANGELA
10:30AM	ANGELA
4:15PM	LINDSAY

## TUESDAY

9:15AM	ROBIN
12:15PM	BONNIE
4:45PM	SHIHO

## WEDNESDAY

9:15AM	BONNIE
12:15PM	SHIHO
5:00PM	SHIHO

## THURSDAY

9:15AM	BONNIE
12:15PM	ANGELA

## FRIDAY

9:15AM	ROBIN
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ALL CLASSES ARE 45MIN  
CLASSES HELD IN THE BASECAMP ROOM

## MOVE BETTER

## FEEL BETTER

- SMALL GROUP SETTING
- SPECIALIZED EQUIPMENT
- TRAINED MOVEMENT COACHES
- INDIVIDUALIZED PROGRAMMING
- MOBILITY, STABILITY AND STRENGTH BASED WORKOUTS



# B.A.S.E. CAMP

ELEVATE YOUR MOVEMENT



## GET STARTED

SIGN UP AND ATTEND A SINGLE GROUP  
CLASS (\$30)

OR

CONTACT ANGELA

[ANGIESTOCKERT@GMAIL.COM](mailto:ANGIESTOCKERT@GMAIL.COM)

319-295-1926

TO SET UP A PRIVATE INTRO SESSION (\$)  
(PERSONAL TRAINING RATES APPLY)

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# ELEVATE

## YOUR MOVEMENT



PILATES  
+  
BASECAMP

### PILATES PRICING

SINGLE CLASS	\$15
10 CLASS PACKAGE	\$120
20 CLASS PACKAGE	\$200

MONTHLY UNLIMITED	\$100
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### BASECAMP PRICING

SINGLE CLASS	\$30
10 CLASS PACKAGE	\$170
20 CLASS PACKAGE	\$300

MONTHLY UNLIMITED	\$150
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**PILATES + BASECAMP  
MONTHLY UNLIMITED**

**\$225**

UNLIMITED  
PARTICIPANTS MAY  
SIGN UP FOR CLASS **90**  
DAYS IN ADVANCE

STUDENTS THAT  
PURCHASE A PACKAGE  
MAY SIGN UP FOR  
CLASSES **30** DAYS IN  
ADVANCE

SCAN TO GET  
STARTED



**ALL PACKAGES  
EXPIRE 90 DAYS  
FROM DATE OF  
PURCHASE**





# REGISTRATION AND INFORMATION

- PURCHASE PACKAGE OR SET UP UNLIMITED MEMBERSHIP AT THE FRONT DESK
- CREATE AND LOGIN TO YOUR MEMBER ACCOUNT OR DOWNLOAD THE APP
- CLICK ON CLASSES ON THE HOME SCREEN
- FILTER BY CATEGORY, INSTRUCTOR OR CLASS NAME
- SIGN UP BUTTON OF JOIN WAITLIST FOR CLASS YOU WISH TO REGISTER FOR
- SELECT MEMBER YOU ARE REGISTERING
- REVIEW ALL CLASSES IN CART. DONE.
- CANCEL PRIOR TO 2 HRS BEFORE TO AVOID LATE CANCEL FEE

OUR PILATES CLASSES ARE  
TAUGHT ON PILATES APPARATUS:  
THE REFORMER AND EXO CHAIR  
IN 8 PERSON CLASSES.  
INSTRUCTED BY HIGHLY  
EDUCATED AND EXPERIENCED  
STAFF. ALL LEVELS ARE WELCOME.  
EXERCISES CAN BE MODIFIED TO  
FIT YOUR NEEDS.



JOIN OUR FACEBOOK  
GROUP  
PILATES + BASECAMP

B.A.S.E CAMP IS OUR SMALL  
GROUP PILATES INSPIRED  
FUNCTIONAL TRAINING PROGRAM,  
WHERE OUR CERTIFIED  
MOVEMENT COACHES WILL GUIDE  
YOU THROUGH SPECIALIZED  
CLASSES TO HELP YOU  
REACH YOUR OPTIMAL MOVEMENT  
POTENTIAL.

## PILATES ON THE REFORMER

GET A GREAT FULL BODY WORKOUT THAT WILL STRETCH AND STRENGTHEN THE BODY  
UTILIZING A PILATES REFORMER.

## PILATES EXO CHAIR

CHALLENGE THE WHOLE BODY WITH EXERCISES DESIGNED TO IMPROVE STRENGTH,  
BALANCE, COORDINATION AND FLEXIBILITY.

## SILVER REFORMER AND EXO CHAIR

CLASSES ARE BEST SUITED FOR STUDENTS WITH SPECIAL CONCERNS OR THOSE JUST  
BEGINNING. PRIVATE INTRO SESSIONS RECOMMENDED FOR THOSE INTERESTED IN OUR  
SILVER PILATES CLASSES

## BASECAMP

SMALL GROUP CLASSES TAUGHT USING THE PILATES SPRINGBOARD, TRX, WEIGHTS AND  
MORE. TO GIVE YOU A NEW, CREATIVE, FULL BODY FUNCTIONAL MOVEMENT EXPERIENCE

APRIL  
2023



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