PILATES CLASS SCHEDULE

MONDAY

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

TUESDAY

SILVER REFORMER	8:15 A M	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	11:15 A M	LINDSAY
REFORMER	4:15 P M	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

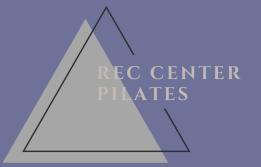
FRIDAY

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

SATURDAY

REFORMER 8:00AM STAFF

ALL CLASSES ARE 45MIN EXO CHAIR CLASSES HELD IN STUDIO A REFORMER CLASSES HELD IN STUDIO B







GET STARTED

sign up and attend a Saturday group intro class (\$30)

<u>OR</u>

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



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 12:15PM BONNIE ANGELA

FRIDAY

9:15AM ROBIN

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 WORKOHTS



B.A.S.E. CAMP

ELEVATE YOUR MOVEMENT





GET STARTED

sign up and attend a Single group class (\$30)

<u>OR</u>

CONTACT ANGELA

ANGIESTOCKERT@GMAIL.COM

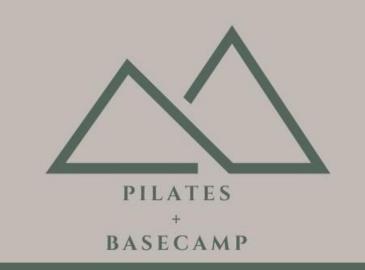
319-295-1926

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

Collins Aerospace

ELEVATE

YOUR MOVEMENT



PILATES PRICING

SINGLE CLASS \$15 10 CLASS PACKAGE \$120

20 CLASS PACKAGE \$200

MONTHLY \$100 UNLIMITED

BASECAMP PRICING

SINGLE CLASS \$30 10 CLASS PACKAGE \$170

20 CLASS PACKAGE \$300

MONTHLY \$150

PILATES + BASECAMP MONTHLY UNLIMITED

\$225

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

UNLIMITED



ALL PACKAGES
EXPIRE 90 DAYS
FROM DATE OF
PURCHASE

WWW.COLLINSAEROSPACE.
CLUBAUTOMATION.COM

APRIL 2023





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

