

PILATES CLASS SCHEDULE

MONDAY

REFORMER	6:00AM	RACHEL
REFORMER	7:00AM	RACHEL
SILVER REFORMER	8:15AM	ROBIN H
REFORMER	9:10AM	BONNIE
SILVER EXO CHAIR	9:15AM	JACKI
REFORMER	10:05AM	NICOLE
EXO CHAIR	4:30PM	CINDY
REFORMER	5:30PM	ANGELA

TUESDAY

SILVER REFORMER	8:15AM	ROBIN H
REFORMER	9:10AM	ANGELA
SILVER EXO CHAIR	9:15AM	BONNIE
REFORMER	10:05AM	JACKI
EXO CHAIR	10:30AM	BONNIE
REFORMER	5:15PM	ROBIN J

WEDNESDAY

SILVER REFORMER	8:15AM	JACKI
REFORMER	9:10AM	ROBIN H
SILVER REFORMER	10:05AM	NICOLE
EXO CHAIR	11:15AM	ROBIN H
REFORMER	4:30PM	CINDY

THURSDAY

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

FRIDAY

REFORMER	8:15AM	ROBIN H
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 BONNIE
BBPILATESCR@GMAIL.COM
319-295-0066

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

OCT
2023



Collins Aerospace
REC CENTER

BASECAMP SCHEDULE

MONDAY

9:15AM	ANGELA
10:30AM	ANGELA

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

319-295-1926

FOR MORE PERSONALIZED
INSTRUCTION SET UP A PRIVATE INTRO
SESSION (\$)

(PERSONAL TRAINING RATES APPLY)

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