PILATES
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

Reformer	6:00AM	Rachel
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	bonnje
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

All classes are 45min
EXO chair classes held in studio A
Reformer classes held in Studio B

PILATES
+
BASECAMP

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

NOV
2023

Collins Aerospace
REC CENTER

BASECAMP
SCHEDULE

MONDAY
9:15AM	ANGELA
10:30AM	ANGELA
4:15PM BOOTCAMP	**Riley**

TUESDAY
9:15AM BOOTCAMP	**ROBIN**
12:15PM BOOTCAMP	**BONNIE**
4:45PM	SHIHO

WEDNESDAY
9:15AM	BONNIE
10:15AM BOOTCAMP	**Bonnie**
12:15PM	SHIHO
5:00PM	SHIHO

THURSDAY
9:15AM BOOTCAMP	**BONNIE**
12:15PM	ANGELA

FRIDAY
9:15AM	ROBIN

All classes are 45min
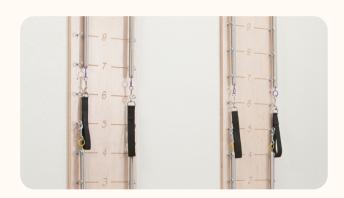classes held in the BASECAMP room

BASE CAMP

- Low Impact
- Individually Modified
- mobility, stability and strength based workouts

BOOT CAMP

- High Intensity
- team atmosphere
- trained movement coaches
- Endurance, power and strength based workouts

PILATES
+
BASECAMP

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)

NOV 2023

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REC CENTER