PILATES SCHEDULE

MONDAY

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	4:30 PM	Lindsay
Reformer	5:30 PM	Angela
TUESDAY		
SILVER REFORMER	8:15 A M	Robin H
REFORMER	9:10 A M	Lindsay
SILVER EXO CHAIR	9:15 A M	BONNIE
REFORMER	10:05AM	LINDSAY
EXO CHAIR	10:30 A M	BONNIE
JUMPBOARD*	11:30am	Bonnie
Reformer	5:00PM	Robin J
WEDNESDAY		
SILVER REFORMER	8:15 A M	JACKI
REFORMER	9:10 A M	ROBIN H
SILVER REFORMER	10:05AM	NICOLE
EXO CHAIR	11:15 A M	LINDSAY
REFORMER	4:30PM	LINDSAY
THURSDAY		
REFORMER	6:00AM	RACHEL
SILVER REFORMER	8:15 A M	Robin J
REFORMER	9:10 A M	LINDSAY
SILVER EXO CHAIR	9:15AM	robin H
REFORMER	10:05AM	ANGELA
EXO CHAIR	10:30AM	BONNIE
JUMPBOARD*	11:30AM	Bonnie
REFORMER	5:00PM	CINDY
FRIDAY		
REFORMER	8:15 A M	robin H
SILVER REFORMER		ANGELA
REFORMER	10:05AM	ANGELA
SATURDAY		
REFORMER	8:00AM	STAFF

ALL CLASSES ARE 45MIN

*JUMPBOARD IS 30MIN

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







GET STARTED

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

<u>OR</u>

Contact 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
SELECT SATURDAYS ONLY
SCHEDULE ONLINE
\$30

APRIL 2024



BASECAMP Schedule

M (ON	DA	Y

9:15AM ANGELA
10:30AM ANGELA
12:15PM BOOTCAMP LINDSAY

TUESDAY

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

WEDNESDAY

9:15AM BONNIE
10:15AM BOOTCAMP BONNIE
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

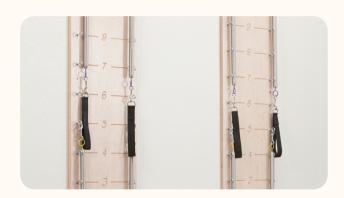
BASE CAMP

- 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







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)

APRIL 2024

