

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	LINDSAY
REFORMER	5:30PM	ANGELA

TUESDAY

SILVER REFORMER	8:15AM	ROBIN H
REFORMER	9:10AM	LINDSAY
SILVER EXO CHAIR	9:15AM	BONNIE
REFORMER	10:05AM	LINDSAY
EXO CHAIR	10:30AM	BONNIE
JUMPBOARD*	11:30AM	BONNIE
REFORMER	5:00PM	ROBIN J

WEDNESDAY

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

THURSDAY

REFORMER	6:00AM	RACHEL
SILVER REFORMER	8:15AM	ROBIN J
REFORMER	9:10AM	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	8:15AM	ROBIN H
SILVER REFORMER	9:10AM	ANGELA
REFORMER	10:05AM	ANGELA

SATURDAY

REFORMER	8:00AM	STAFF
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GET STARTED

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

OR

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

ALL CLASSES ARE 45MIN

*JUMPBOARD IS 30MIN

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

JULY
2024



Collins Aerospace
REC CENTER

BASECAMP SCHEDULE

MONDAY

9:15AM ANGELA
10:30AM ANGELA

TUESDAY

9:15AM BOOTCAMP ROBIN

WEDNESDAY

9:15AM 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)

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