### PILATES SCHEDULE

#### MONDAY

6:00AM	RACHEL
7:00AM	RACHEL
8:15AM	robin H
9:10AM	BONNIE
9:15AM	Jacki
10:05AM	NICOLE
4:30 PM	Lindsay
5:30pm	Angela
8:15AM	Robin H
9:10AM	Lindsay
9:15AM	BONNIE
10:05AM	LINDSAY
10:30AM	BONNIE
11:30am	Bonnie
5:00PM	Robin J
8:15 A M	JACKI
9:10 A M	ROBIN H
10:05AM	NICOLE
11:15 A M	LINDSAY
4:30PM	LINDSAY
6:00AM	RACHEL
8:15 A M	Robin J
9:10 A M	LINDSAY
	robin H
	ANGELA
	BONNIE
_	Bonnie
5:00PM	CINDY
8:15AM	robin H
	ANGELA
10:05AM	ANGELA
8:00AM	STAFF
	7:00AM 8:15AM 9:10AM 9:15AM 10:05AM 4:30PM 5:30PM 8:15AM 9:10AM 10:05AM 10:05AM 11:30AM 11:15AM 4:30PM 6:00AM 8:15AM 9:10AM 11:15AM 4:30PM

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

JULY 2024



## 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

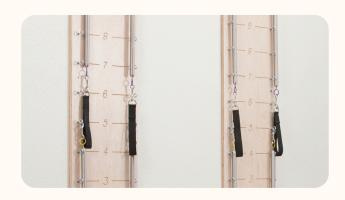
# **BASE CAMP**

- 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)



JULY 2024