

PILATES CLASS SCHEDULE

MONDAY

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

TUESDAY

SILVER REFORMER	8:15AM	ROBIN H	STUDIO B
REFORMER	9:10AM	LINDSAY	STUDIO B
SILVER EXO CHAIR	9:15AM	BONNIE	STUDIO A
REFORMER	10:05AM	LINDSAY	STUDIO B
EXO CHAIR	10:30AM	BONNIE	STUDIO A
REFORMER	5:00PM	ROBIN J	STUDIO B

WEDNESDAY

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

THURSDAY

REFORMER	6:00AM	RACHEL	STUDIO B
SILVER REFORMER	8:15AM	ROBIN J	STUDIO B
REFORMER	9:10AM	LINDSAY	STUDIO B
SILVER EXO CHAIR	9:15AM	ROBIN H	STUDIO A
REFORMER	10:05AM	ANGELA	STUDIO B
EXO CHAIR	10:30AM	BONNIE	STUDIO A
JUMPBOARD*	11:30AM	BONNIE	STUDIO B
REFORMER	5:00PM	CINDY	STUDIO B

FRIDAY

REFORMER	8:15AM	ROBIN H	STUDIO B
SILVER REFORMER	9:10AM	ANGELA	STUDIO B
REFORMER	10:05AM	ANGELA	STUDIO B

SATURDAY

REFORMER	8:00AM	STAFF	STUDIO B
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GET STARTED

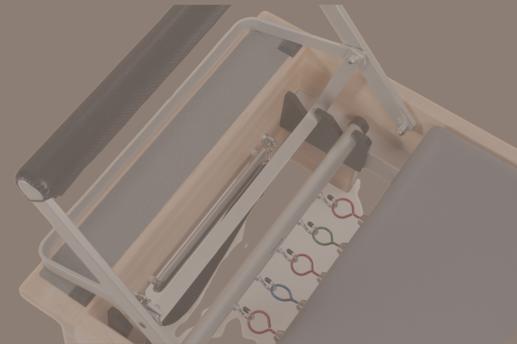
WE ASK THAT ALL STUDENTS REGARDLESS OF PILATES EXPERIENCE ATTEND ONE OF OUR INTRO TO PILATES SESSIONS.

WE HAVE 2 OPTIONS AVAILABLE

- ATTEND A SMALL GROUP SESSION HELD ON SELECT SATURDAY MORNINGS FROM 9:00-10:00AM
COST \$30

- SCHEDULE A PRIVATE INTRO SESSION BY CONTACTING LINDSAY BY EMAIL AT LINDSAY.MONTAGUE@COLLINS.COM OR CALL 319-295-0024

PERSONAL TRAINING RATES APPLY



ONCE YOUR INTRO SESSION IS COMPLETED SCAN THE QR CODE BELOW TO SET UP YOUR ONLINE ACCOUNT AND BEGIN REGISTERING FOR CLASSES.



REGISTER FOR CLASSES ONLINE
OR IN THE APP



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BASECAMP SCHEDULE

MONDAY

9:15AM ANGELA
10:30AM ANGELA

WEDNESDAY

9:15AM BONNIE

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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