


PILATES + BASECAMP SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00AM	REFORMER			REFORMER			
7:00AM	REFORMER						
8:00AM						REFORMER	
8:15AM	SILVER REFORMER	SILVER REFORMER	SILVER REFORMER	SILVER REFORMER	REFORMER	9:00-10:00AM SMALL GROUP INTRO for Reformer and EXO Chair classes (select Saturdays)	
9:10AM	REFORMER	REFORMER	REFORMER	REFORMER	SILVER REFORMER		
9:15AM	SILVER EXO CHAIR	SILVER EXO CHAIR	SPRINGBOARD*	SILVER EXO CHAIR	BASECAMP*	NO INTRO class required to attend any of our BASECAMP Pilates Strength Mat Pilates or Springboard classes	
	BASECAMP*	PILATES STRENGTH*		PILATES STRENGTH*			
10:05AM	REFORMER	REFORMER	SILVER REFORMER	REFORMER	REFORMER		
			MAT PILATES*				
10:30AM	BASECAMP*			EXO CHAIR	CLASS LOCATIONS		STUDIO B
11:15AM			EXO CHAIR				STUDIO A
11:30AM				JUMPBOARD		BASECAMP ROOM	
12:00PM			REFORMER			BASECAMP ROOM	
12:15PM				BASECAMP*	Scan QR code to download our APP and register for classes		
4:30PM	EXO CHAIR		REFORMER				
5:00PM		REFORMER		REFORMER			
5:30PM	REFORMER						

GETTING STARTED IN PILATES

TO ATTEND ANY OF OUR REFORMER, EXO CHAIR OR JUMPBOARD CLASSES ALL STUDENTS MUST ATTEND AT LEAST ONE INTRO TO PILATES SESSION.

CHOOSE FROM THE FOLLOWING:

1. ATTEND OUR SMALL GROUP INTRO SESSIONS ON SATURDAYS. SIGN UP AT THE FRONT DESK OR VIA THE APP. COST \$30
(CLASS IS HELD ON SELECT SATURDAYS, SEE APP FOR SPECIFIC DATES.)
2. SET UP A PRIVATE INTRO SESSION BY CONTACTING LINDSAY AT LINDSAY.MONTAGUE@COLLINS.COM OR CALL 319-295-0024 TO SCHEDULE. COST \$46 FOR A ONE HOUR SESSION

***NO INTRO CLASSES ARE REQUIRED TO ATTEND BASECAMP, PILATES STRENGTH, MAT PILATES OR SPRINGBOARD**

PILATES CLASS PRICING

SINGLE CLASS.	\$15
10 CLASS PACKAGE	\$120
20 CLASS PACKAGE	\$200

MONTHLY UNLIMITED
\$100/month



PILATES + BASECAMP
MONTHLY UNLIMITED

\$225/month

BASECAMP PRICING

SINGLE CLASS.	\$30
4 CLASS PACKAGE	\$100
10 CLASS PACKAGE	\$170
20 CLASS PACKAGE	\$300

MONTHLY UNLIMITED
\$150/month