


# PILATES + BASECAMP SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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6:00AM	REFORMER		6:30 AM REFORMER		
7:00AM	REFORMER				
8:15AM	SILVER REFORMER	SILVER REFORMER EXO CHAIR	SILVER REFORMER	SILVER REFORMER	REFORMER
9:10AM	REFORMER	REFORMER	REFORMER	REFORMER	SILVER REFORMER
9:15AM	SILVER EXO CHAIR BASECAMP <i>*basecamp pricing applies</i>	SILVER EXO CHAIR PILATES STRENGTH	SPRINGBOARD	SILVER EXO CHAIR PILATES STRENGTH	BASECAMP <i>*basecamp pricing applies</i>
10:05AM	REFORMER BASECAMP <i>*basecamp pricing applies</i>	REFORMER	SILVER REFORMER MAT PILATES	REFORMER	REFORMER
10:30AM				EXO CHAIR	SATURDAY
11:15AM			EXO CHAIR		8:00AM REFORMER
11:30AM				JUMPBOARD	Scan QR code to download our APP and register for classes 
12:00PM			REFORMER		
12:15PM				BASECAMP <i>*basecamp pricing applies</i>	
4:30PM	EXO CHAIR		REFORMER		
5:00PM		REFORMER		REFORMER	
5:30PM	REFORMER	STUDIO A	STUDIO B	BASECAMP ROOM	

# GETTING STARTED IN PILATES

TO ATTEND ANY OF OUR **REFORMER, EXO CHAIR OR JUMP BOARD** CLASSES ALL STUDENTS MUST ATTEND AT LEAST ONE INTRO TO PILATES SESSION. TO SET THIS UP, YOU CAN

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

**\*NO INTRO CLASSES ARE REQUIRED TO ATTEND BASECAMP, PILATES STRENGTH, MAT PILATES OR SPRINGBOARD**  
To attend these classes listed above; pay for class, sign up online or at the front desk and show up!

## PILATES CLASS PRICING

MONTHLY  
UNLIMITED      **\$100**

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

Monthly Unlimited  
members may sign up  
for classes  
**14 days in advance**

Package holders may  
sign up for classes  
**7 days in advance**

## BASECAMP PRICING

MONTHLY  
UNLIMITED      **\$150**

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

All packages expire 90 days from date of purchase.