

PILATES SCHEDULE

July 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM		REFORMER Studio B		REFORMER Studio B		
7:00		REFORMER Studio B		REFORMER Studio B		MAT PILATES Studio A
8:15	SILVER REFORMER Studio B	SILVER REFORMER Studio B	SILVER REFORMER Studio B	SILVER REFORMER Studio B	REFORMER Studio B	8:00AM REFORMER Studio B
8:15		EXO CHAIR Studio A				
9:10	REFORMER Studio B	REFORMER Studio B	REFORMER Studio B	REFORMER Studio B	SILVER REFORMER Studio B	
9:15	SILVER EXO CHAIR Studio A	SILVER EXO CHAIR Studio A		SILVER EXO CHAIR Studio A		
9:15	BASECAMP \$ Basecamp Room	PILATES STRENGTH Basecamp Room	SPRINGBOARD Basecamp Room	PILATES STRENGTH Basecamp Room	PILATES STRENGTH Basecamp Room	
10:05	REFORMER Studio B	REFORMER Studio B	SILVER REFORMER Studio B	REFORMER Studio B	REFORMER Studio B	
10:05	MAT PILATES Studio A				MAT PILATES Studio A	
10:30		BASECAMP \$ Basecamp Room		EXO CHAIR Studio A		
11:15			11:15AM EXO CHAIR Studio A	11:30AM JUMPBOARD Studio B		
12:00PM	REFORMER Studio B			12:15pm BASECAMP \$ Basecamp Room		
4:30	EXO CHAIR Studio A	MAT PILATES Studio A	REFORMER Studio B			
5:00	5:30PM REFORMER			REFORMER Studio B		

CLASS INFORMATION

- ALL CLASSES ARE 45 MINUTES LONG.
- CLASSES SHOWN IN WHITE BOXES ARE OPEN TO ALL CLIENTS AND DO NOT REQUIRE AN INTRO SESSION.
- BASECAMP \$ CLASSES ARE MAX OF 4 STUDENTS- SEE SEPARATE PRICING ON BACK
- FOR ALL OTHER EQUIPMENT-BASED CLASSES, COMPLETION OF AN INTRO SESSION IS REQUIRED BEFORE REGISTERING.
- PLEASE SEE THE INFORMATION ON THE BACK OF THIS SCHEDULE FOR DETAILS ON HOW TO GET STARTED.



Welcome to Pilates at the Rec Center!

Home of the only Balanced Body Authorized Training Center in the State of Iowa

*All students must complete an Introductory session prior to attending Reformer, EXO Chair, or Jumpboard.
NO Intro session is required for Mat Pilates, Pilates Strength, Springboard, or BaseCamp*

PILATES INTRODUCTORY SESSIONS

SMALL GROUP INTRO **\$30**

- Held on select Saturdays at 9:00am
- Sign up through the app or at the front desk

PRIVATE INTRO **\$48**

- One-hour private session around your schedule
- Contact Lindsay to book your session
 - Lindsay.montague@collins.com
 - 319-295-0024

PILATES PRICING

MONTHLY UNLIMITED **\$125**

SINGLE CLASS **\$18**

10 CLASS PACKAGE **\$140**

20 CLASS PACKAGE **\$240**

Unlimited members can reserve classes up to 14 days in advance, all other students can reserve up to 7 days in advance.

All packages expire 90 days from date of purchase

BASE CAMP CLASSES

Not sure where to start? **Base Camp is a great first step.**

Small-group training (max 4 participants). Personalized coaching in a supportive setting. *Ideal for those returning to movement or those wanting extra attention.* No Intro session required

Includes:

- Springboard, light weights, and balance-based training
- Focus on strength, stability, and mobility
- Bridge between group classes and private sessions

Contact angela.stockert@collins.com for more information

BASECAMP PRICING

MONTHLY UNLIMITED **\$150**

SINGLE CLASS **\$30**

4 CLASS PACKAGE **\$100**

10 CLASS PACKAGE **\$170**

*Prices reflect the small class size of 4 students.
Unlimited members can reserve classes up to 14 days in advance, all other students can reserve up to 7 days in advance.*

All packages expire 90 days from date of purchase