

Day	Class	Class Level *	Instructor	Length
Monday				
5:15 am	Early Morning Spinning Class		Sara Halo	45 minutes
9:00 am	Pilates Equipment Plus Legs and Glutes	2	Sue Williams	1 hour
5:30 pm	Intelligent Boot Camp Class		Nadine Troetschel	45 minutes
6:30 pm	Spinning Class		Nadine Troetschel	1 hour
Tuesday				
8:00 am	Intelligent Boot Camp		Nadine Troetschel	45 minutes
9:00 am	Pilates Equipment Level 1	1	Sue Williams	1 hour
9:15 am	Spinning Class		Nadine Troetschel	1 hour
5:30 pm	Spinning + Abs		Eileen Reiff	75 minutes
7:00 pm	Mat with "Pilates Stick" on the Barre	1	Erin Kunz	1 hour
Wednesday				
5:15 am	Early Morning Spinning Class		Erin Kunz	45 minutes
6:15 am	Intelligent Boot Camp Class		Cecile Elias	45 minutes
9:00 am	Beginner Spinning		Sara Halo	45 minutes
9:00 am	Pilates Equipment Level 3	3	Cecile Elias	1 hour
10:00 am	Mat with "Pilates Stick" on the Barre	1	Kiley Coulter	1 hour
6:30 pm	Spinning Class		Nadine Troetschel	1 hour
Thursday				
9:00 am	Pilates Equipment Plus Arms and Shoulders	2	Sue Williams	1 hour
9:15 am	Spinning Class		Sara Halo	1 hour
6:00 pm	Spinning & Pilates Combo. Class		Erin Kunz	1 hour
7:00 pm	Pilates Equipment Open Level	1 to 2	Erin Harold	1 hour
Friday				
5:15 am	Early Morning Spinning Class		Erin Kunz	45 minutes
6:15 am	Intelligent Boot Camp Class		Cecile Elias	45 minutes
10:00 am	Learn Pilates (begins in June)	(beginner)	Susie Golebie	1 hour
10:00 am	Spinning (begins in June)		TBD	1 hour
12:00 pm	Pilates Equipment Open Level	1 to 2	Susie Golebie	1 hour
Saturday				
8:00 am	Spinning Class		Mary Borgesi	1 hour
9:15 am	Pilates 101	1	Sue Williams	1 hour
Sunday				
8:00 am	Spinning Class		Erin Kunz	1 hour
9:30 am	Equipment Class on the Tower (Open Level)	1 to 2	Erin Kunz	1 hour

Green – Spinning Classes

Blue – Pilates Equipment Classes

Violet- Pilates/Fitness Classes

* Our Pilates Equipment classes are offered at Levels 1-3, with 3 being the most challenging.

To begin taking Equipment classes, we require that clients first learn how to safely exercise on the reformer, tower, and chair. This can be achieved by taking private lessons or by taking several "Learn Pilates" classes. Prior equipment work in other locations may eliminate the need for private lessons. Please call the studio for assistance in determining the appropriate course of action.

Spinning, "Intelligent Boot Camp", Learn Pilates, and "Pilates Stick on the Barre" classes do not have pre-requisites.