

PILATES



Pilates is a form of low-impact exercise that targets the core and focuses on strengthening muscles while improving proper postural alignment and flexibility. The class is completed on both mat and reformer.

Sign up for free Trial Class at the Service Desk

Effective 10/1/2025

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 7:30 a.m.	Nicole B.		Nicole B.		
9:30 - 10:30 a.m.	Corinne	Leslie	Corinne	Leslie	Corinne
10:30 - 11:30 a.m.	Jolene	Kelly	Jolene	Kelly	Liz
12:00 - 1:00 p.m.		Alicia		Alicia	
5:00 - 6:00 p.m.		Nicole M.		Nicole M.	
5:30 - 6:30 p.m.	Jenna		Jenna		

Pilates Monthly Cost:

2 days per week:

Members: \$89/mo +tax

Non-Members: \$130/mo +tax

1 day per week:

Members: \$44.50/mo + tax

Non-Members: \$65.00/mo+tax



Explore other Small Group Personal Training Options @ The PC



Free Trial Classes - Wednesday 10:00am, Saturday 9:00am, RSVP required.