

## PILATES OF MARIN GROUP CLASS SCHEDULE (September 2010)

Please call (415) 927-7800 or e-mail [info@pilatesofmarin.com](mailto:info@pilatesofmarin.com) for more information or to register.

All classes are 3-4 people. You must be injury-free to attend the Cardio Pilates classes.

(Classes are subject to be cancelled due to low attendance.)

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
9:00 a.m.	Level 2-3 <b>JAMAICA</b>		Level 2-3 <b>JAMAICA</b>		Level 2-3 <b>JAMAICA</b>	Level 2-3 <b>LIA/JEAN</b>
	Level 2-3 <b>LIA</b>		Level 2-3 <b>LIA</b>			
10:00 a.m.	Level 3 <b>JAMAICA</b>	Level 4 <b>PAM</b>	Level 3 <b>JAMAICA</b>	Level 4 <b>PAM</b>	Level 3 <b>JAMAICA</b>	<b>CARDIO PILATES Mixed Levels 10:15 – 11:10 LIA</b>
11:00 a.m.		Level 3 <b>PAM</b>		Level 3 <b>PAM</b>		
11:30 a.m.	Level 2-3 <b>JAMAICA</b>		Level 2-3 <b>JAMAICA</b>		Level 2-3 <b>JAMAICA</b>	<b>CLASS PRICES</b>
						Equipment Classes (55 minutes)
12:30 p.m.	Level 3 <b>LILY</b>					Single/\$40 5-pack/\$190 <u>10-pack/\$350</u>
1:30 p.m.		Level 2-3 <b>LIA</b>		Level 2-3 <b>LIA</b>		<b>Cardio Pilates (55 minutes)</b>
5:00 p.m.		Level 2-3 <b>TAMMRA</b>				Single/\$35 5-pack/\$165
6:00 p.m.	Level 2-3 <b>LIA</b>	Level 2-3 <b>JAMAICA</b>	Level 2-3 <b>LIA</b>	Level 2-3 <b>TAMMRA</b>		
		Level 1-2 <b>TAMMRA</b>		Level 3 <b>JAMAICA</b>		
7:00 p.m.				Pilates for Men <b>TAMMRA</b>		

**Level 1** –Beginner    **Level 2** – Low Intermediate    **Level 3** – Intermediate/High Intermediate    **Level 4** –Advanced  
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