

## Jan/ Feb 2019 DAHLC Pilates Reformer Schedule

Session: Jan 7 to Mar 2

Registration opens 2 weeks prior to day/time of each class.

No online registration this session.

Call 266-4688 or stop by front desk.

| Time    | M  | T   | W  | TH   | F  | Sa   | Sun |
|---------|--|---|--|--|--|--|-----|
|         | Registration opens for Mon classes on Dec 24 <b>at time of class</b> | Registration opens for Tue classes on <b>Dec 26</b> | Registration opens for Wed classes on Dec 26 <b>at time of class</b> | Registration opens for Thu classes on Dec 27 <b>at time of class</b> | Registration opens for Fri classes on Dec 28 <b>at time of class</b>   | Registration opens for Sat classes on Dec 29 <b>at time of class</b> |     |
| 6:15am  |  |   | Experienced Marcy  |  | Challenge Lori   |  |     |
| 7:15am  |  | Experienced Trisha <b>starts at 7:10am</b>          | <b>Foundations</b> Marcy   | Challenge Lori   | Challenge Lori   |  |     |
| 8:15am  |  | Adaptive Reformer Connie <b>starts at 8:10am</b>    |  |  | Experienced Torri  |  |     |
| 9:15am  |  |   |  |  | *Essential Torri   | Experienced Torri  |     |
| 10:15am |  | Experienced Lori <b>starts at 10:30am</b>           |  | Adaptive Reformer Marcy  |  | *Essential Torri   |     |
| 11:15am | Adaptive Reformer Lori   | Challenge Trisha <b>starts at 11:30</b>             |  |  |  |  |     |
| 12:15pm | Experienced Lori   | Experienced Trisha <b>starts at 12:30</b>           | *Essential Marcy   | Challenge Marcy  | <b>Foundations</b> Marcy   |  |     |
| 1:15pm  |  | Experienced Marcy <b>starts at 1:30</b>             | Experienced Marcy  | *Essential Marcy   | <i>Private lesson Marcy starts at 1:30</i>   |  |     |
| 2:15pm  |  | <i>Private lesson Lori starts at 2:30</i>           |  | <i>Private lesson Lori</i>   |  |  |     |
| 3:30pm  |  |   | Challenge Lori   |  | *Requires the completion of Pilates Foundations or its equivalent. Private and Semi-Private Lessons are fee-based-30 & 60 min lengths. \$25/30 min, \$50/60 min<br><br>Stop at or call front desk to schedule. Contact casey.lori@mayo.edu or allen.marcine@mayo.edu for more information. |  |     |
| 4:30pm  | *Essential Torri   | Adaptive Reformer Connie                            | Challenge Lori   | *Essential Torri   |  |  |     |
| 5:30pm  | Experienced Torri  | <b>Foundations</b> Connie                           | *Essential Connie  | Experienced Torri  |  |  |     |
| 6:30pm  | *Essential Torri   | Challenge Connie <b>starts at 6:45pm</b>            | Experienced Connie   | <i>Private lesson Torri</i>  |  |  |     |
| 7:30pm  |  | Experienced Connie <b>starts at 7:45pm</b>          | Challenge Connie   |  |  |  |     |