

MONDAY

6:00-6:55am	Mat <small>FREE</small>	Lizzy	2-3	2
9:00-9:55am	Pilates Basic Reformer	Tyra	1-3	Swan
10:30-11:25am	Reformer	Roya	2-3	Swan
1:00-1:55pm	Mat <small>FREE</small>	Julie	1-3	2
1:00-1:55pm	New to Pilates Reformer <small>1ST MONDAY</small>	Hillary	1	Swan
5:30-6:25pm	Evening Reformer	Roya	2-3	Swan

TUESDAY

9:30-10:25am	Reformer	Ondi	2-3	Swan
11:00-11:55am	Mat <small>FREE</small>	Roya	2-3	2
12:00-12:55pm	Reformer	Julie	2	Swan

WEDNESDAY

7:00-7:55am	Reformer	Sam	1-3	Swan
9:00-9:55am	Reformer	Gianna	2-3	Swan
10:30-11:25am	Mat <small>FREE</small>	Ondi	1-3	2
10:30-11:25am	Reformer	Sam	1-3	Swan

THURSDAY

9:30-10:25am	Reformer	April	2-3	Swan
10:00-10:55am	Mat <small>▶ FREE</small>	Tyra	2-3	2
12:00-12:55pm	Reformer	Tyra	1-3	Swan

FRIDAY

6:00-6:55am	Mat <small>FREE</small>	Lizzy	2-3	2
9:00-9:55am	Advanced Reformer Flow	April	3	Swan
11:30am-12:25pm	Advanced Reformer (Legacy)	Ondi	3	Swan
12:30-1:25pm	Legacy Mat* <small>\$10M/\$15G FEE</small>	Ondi	2-3	Opal

SATURDAY

8:00-8:55am	Mat <small>FREE</small>	Kerry	1-3	2
9:15-10:15am	Pilates Reformer	Roya	1-3	Swan

SUNDAY

10:00-10:55am	Advanced Reformer Flow	Sam	2-3	Swan
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Pilates

Registration
required

NEW TO PILATES REFORMER?

3-5 PRIVATE LESSONS ARE REQUIRED BEFORE ATTENDING GROUP CLASSES.

***DISCOUNTED INTRODUCTORY PACKAGES AVAILABLE**

EFFECTIVE JULY 1, 2024

UPDATED 6.24.24

EQUIPMENT-BASED PRICING

55-Minute Sessions

Single: \$30 Member / \$35 Guest

8-Pack: \$200 Member / \$240 Guest

8-PACKS EXPIRE 6 MONTHS AFTER PURCHASE
24-HOUR CANCELLATION POLICY APPLIES

▶ LIVESTREAM CLASSES

1 Beginner 2 Intermediate 3 Advanced 1-3 All Levels

REGISTER

Greenwood App / 303.770.2582 x274

ClubGreenwood.com/Pilates

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SCAN FOR INFO