



# Pilates Reformer

# ROOM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:05 am			<b>POWER</b> (Wendy)	<b>POWER</b> (Wendy)	<b>POWER</b> (Wendy)	
7:15 - 8:05 am		<b>PULSE</b> (Tabi)		<b>PULSE</b> (Tabi)		
8:30 - 9:20 am						<b>POWER</b> (Rachael or Wendy)
9:00 - 9:50 am					<b>PULSE</b> (Amy)	
9:30 - 10:20 am						<b>PULSE</b> (Rachael or Wendy)
10:00 - 10:50 am			<b>PULSE</b> (Amy)			
11:00 - 11:50 am	<b>PULSE</b> (Tabi)	<b>PULSE</b> (Tabi)		<b>PULSE</b> (Kristi)		
11:15 - 12:05 pm					<b>PULSE</b> (Amy)	
12:00 - 12:30 pm	<b>PULSE</b> (Amy)		<b>PULSE</b> 30 min class (Kristi)			
3:30 - 4:20 pm	<b>PULSE</b> (Tabi)	<b>PULSE</b> (Tabi)		<b>PULSE</b> (Tabi)		
5:30 - 6:20 pm	<b>POWER</b> (Rachael or Wendy)	<b>PULSE</b> (Rachael or Wendy)	<b>POWER</b> (Rachael or Wendy)	<b>POWER</b> (Rachael or Wendy)		
5:45 - 6:35 pm					<b>PULSE</b> (Tabi)	

**\*\*24-hour cancellation required\*\***

Pilates Reformer Director: Wendy Johnson (206) 859-1175

\*PLEASE NOTE: Classes with Wendy and Rachael may vary each week.

# CLASS DESCRIPTIONS

## **PULSE:**

*Beginner/Intermediate: Elevate your heart rate and start to push your limits. Flexibility is combined with strength to engage the smaller accessory muscles to assist in balance & stability. Every exercise is designed to strengthen the correct foundation of your powerhouse (core).*

## **POWER:**

*Advanced: Get ready to **SWEAT!** This is a high intensity workout designed to fatigue your muscles, build strength, & sculpt while learning proper form & alignment.*

*\*Minimum of 3 previous reformer classes required before participating in Coeur Power*

## **Pilates Class Prices:**

Single 50 min class: \$25

5 class package/50 min classes: \$100

10 class package/50 min classes: \$180

15 class package/50 min classes: \$255

Single 30 min class: \$15

5 class package/30 min classes: \$75