



Class Schedule

Group Reformer Classes Require a Reservation!
Call 845-758-0790 for more info or to reserve your spot!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00 Cheryl Group Reformer					
8:00-9:00 Cheryl **NEW** Cardio Springboard <i>reservation required</i>		8:00-9:00 Chelsea Group Reformer		8:00-9:00 Chelsea Group Reformer	
9:00-10:00 Cheryl Group Reformer	9:00-10:00 Chelsea Circuit/ Jump Board Group Reformer	9:00-10:00 Chelsea Group Reformer	9:00-10:00 Chelsea Circuit/ Jump Board Group Reformer	9:00-10:00 Chelsea Group Reformer	
		10:00-11:00 Chelsea Pilates Mat Better Bones and Balance			10:00-11:00 Chelsea Circuit/ Jump Board Group Reformer
					11:00-12:00 Chelsea Group Reformer
	2:00-3:00 Cheryl Pilates Mat		2:00-3:00 Cheryl Pilates Mat		12:00-1:00 Chelsea Burn at the Barre
4:30-5:30 April Group Reformer		4:30-5:30 April **NEW** Cardio Springboard <i>reservation required</i>			
5:30-6:30 Mela Gentle Yoga	5:00-6:00 Chelsea Pilates Mat with Props	5:30-6:30 April Group Reformer	5:00-6:00 Chelsea Group Reformer	5:30-6:30 Megan Beginner Pilates Mat	<u>SUNDAY</u>
6:45-8:00 Mela Open/Level 1-2	6:00-7:00 Chelsea Group Reformer	6:30-7:30 Rachael Pilates Mat/Intro to the Reformer	6:00-7:00 Chelsea Pilates Mat	6:30-7:30 Megan True Beginner Group Reformer	10:00-11:00 Cheryl Stretch n' Tone
					11:00-12:00 Cheryl Group Reformer

Classes - \$15, 5 for \$60, or 10 for \$100 - Group Reformer Classes - \$30, 5 for \$125, or 10 for \$220 * www.BodyBeWell.org