# Pilates Edmonds

# 307 Bell Street #103 Edmonds, WA 98020

All Classes held in the Mind Body Group Studio Class Line up for **Winter 2018** *Classes may be added or changed*

# www.PilatesEdmonds.com/206 550-9275

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday  | Friday | Saturday |
| 5:30 AM |  |  | 5:30AM Total Fat Burn |  | 5:30AM Total Fat Burn |  |  |
| 6 AM |  |  | Julie |  | Julie |  |  |
| 6:30 AM |  |  | Julie@trofit.com |  | Julie@trofit.com |  |  |
| 7 AM |   |   |  |   |   |   |   |
| 7:30AM |   |   |  |  |   |   |   |
| 8AM |   |   |  |  |  8:00 Group Reformer\* |   |   |
| 8:30AM |   | 9:00 Group Reformer\* |  |  |  Deb |   |   |
| 9AM |   | Rose |  |  | 206 617-0712 |  9:00 Group Reformer\* |  9:00 Group Reformer\* |
| 9:30AM | Time TBA | 206 399-3529 |   |  |   |  Rose | Jen |
| 10AM |  Pilogabarre | 10:00 MELT |  |  |   |  206 399-3529 | 425-876-3703 |
| 10:30AM | Alicia | Cheree |  |   |  |  |  |
| 11AM | 425 244-9440 | 206-550-9275 |  |   |  |   |  |
| 11:30AM |  |  |  |   |   |   |  |
| 12 Noon |  |  | 12:00 Group Reformer\* |  | 12:00 Group Reformer\* |  |  |
| 12:30 PM |  |  | Rose |  | Rose |  |  |
| 1PM |  |  |  206 399-3529 |  |  206 399-3529 | 1:00 Group Reformer\* |  |
| 1:30PM |  |   |  |   |  2:00 Cardio Tramp \* | Cynthia |   |
| 2PM |  |   |  |   | Cheree  |  425-283-7665 |   2:00 Fit for Baby |
| 2:30PM |  |   |  |   |  206 550-9275 |   |  Jennifer W |
| 3:PM |   |   |   |   |  |   |  206-819-0017 |
| 3:30PM |   |   |   |   |  |   |   |
| 4PM |  |   |   |   |  |   |   |
| 4:30PM |  |   |   |   |   |   |   |
| 5PM |  |   | 5:15 Group Reformer\* |   |   |   |   |
| 5:30PM |  | 5:00 Group Reformer\* | Brandi |  |   |  |   |
| 6PM |  | Deb |  425 776-1317 |  |  |  |   |
| 6:30PM | Francis Arnold | 206-617-0712 |  | 6:30 Group Reformer |  |  |   |
| 7PM |  YOGA Series |  |  | Jen |  |  |   |
| 7:30PM |  775-389-0397 |  |  | 425-876-3703 |  |  |   |

 **Fit for Baby**  **Yoga**  **Group Reformer \* TroFit Classes**

 ***Edmonds.fit4mom.com*** ***Francis Arnold*** ***Reservation Required***  / 24 hr cancel required Monthly $85

 Call or email instructor call instructor for current 10 for $300 3 month ($**330.90**) w/tax 8-Class Pass $60

 To sign up and get current pricing series prices and drop-in 5 for $ 165 2 month ($**182.00**) Drop in $10

 Drop in Reformer $35 ($**38.16**) (prices subject to WA sales tax currently at 10.3%) Cash and Checks Accepted ($30 fee on returned checks) 3.3% surcharge credit cards