

Pilates Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 AM Small Group Cara			8:00 AM Small Group Cara	
8:30-10a Pilates/ Gravity/ TRX cross training group Lisa		9:30 AM Small Group Denee	9-10:30 AM 90 Minute Group Intermediate / Advanced Lisa		
	11:00 AM Small Group Cara		12:00 PM Small Group Cara		
5:30 PM Small Group Cara		4:00 PM Small Group Injury/Special Populations Stephanie			
		6:00 PM Small Group Cara			



Small Group – 55 minute class of 3 to 5 participants on reformers, stability chairs &/or tower apparatus for total body resistance training with an emphasis on the core.

JumpBoard - 55 minute class of 3 to 5 participants using reformer jump boards for a cardio and core challenging workout.

Members must register with instructor ahead of time to reserve space.
24 hour cancellation notice required.

55 minute group classes are \$39 each.
55 minute private classes are \$89 each.
55 minute duet classes are \$49 each
90 min group classes are \$55 each
90 minute duet sessions are \$69 each

**Private classes available
by appointment**

Contact Cara Bonney, Pilates Director with questions 214-383-1022.



Cooper Fitness Center™
at Craig Ranch
A COOPER AEROBICS COMPANY

Effective 1/4/16