



PILATES CLASS SCHEDULE

TUESDAYS-10AM, 12PM, 5:30PM

WEDNESDAYS-6:30PM-CARDIO CLASS *

THURSDAYS- 10AM, 12PM, 6PM

SATURDAYS-11:00AM- **CARDIO CLASS ***

(Please sign up for free 30 minute demo before signing up for any classes)

***Our New, High Intensity Jump board, Cardio Class is a FUN, calorie burning class to get your heart rate moving, your muscles toned and will take your fitness regime to the next level!**

To purchase any Group Reformer Classes, or to set up private Pilates Reformer Training sessions and 30 minute demos, please contact: Lisa Soverinsky, Fitness Coordinator @248-352-8000 ext. 273 or

lsoverinsky@ffrc.net