

# Fort Collins Club | Pilates Studio Schedule

Pilates Studio | Fort Collins Club | March 2021

Monday		
Class	Time	Instructor
Beg/ Int Mixed Equipment	2:00-3:00pm	Ali
Beg/ Int Reformer	4:30-5:30pm	Ali
Tuesday		
Class	Time	Instructor
Beg/ Int Mixed Equipment	4:45-5:45pm	Michelle R.
Wednesday		
Class	Time	Instructor
Beg Mixed Equipment	9:00-10:00am	Michelle R.
Advanced Mixed Equipment	4:15-5:15pm	Ali
Beg/ Int Mixed Equipment	5:30-6:30pm	Ali
Thursday		
Class	Time	Instructor
Beg / Int Mixed Equipment	7:30-8:30am	Amber
Beginner Mixed Equipment	10:15-11:15am	Michele S.
Friday		
Class	Time	Instructor
Int / Adv Reformer	9:00-10:00am	Ali
Basic Mixed Equipment	10:00-11:00am	Ali
Sunday		
Class	Time	Instructor
Beg / Int Mixed Equipment	8:00-9:00am	Amber

## **\*\*Instructor Approval is Required for ALL Equipment Classes in the Pilates Studios\*\***

In order to ensure safety and class standards, please set-up a free Studio assessment/ orientation. Further instruction may be required before equipment class registration.

The front desk can connect participants with the Pilates Coordinator. Thank you for your understanding!

## **All Pilates Equipment Classes Are Fee Based**

Class packages are purchased through the front desk and class registration is through the MindBody App and Website.

## **All Pilates Sessions, Classes, Privates and Duets, are 55 minutes in length**

The time in between each session is used to wipe down all equipment, wash hands, and prepare for the next session.

## **24 Hour Cancellation Policy**

To allow as many students as possible in the studio, all classes and sessions must be cancelled 24 hours in advance. Please contact your instructor directly.

## **SAFETY PRECAUTIONS**

To protect all Pilates students and instructors:

### **-SOCKS WITH GRIPS ARE REQUIRED**

Mask are required at all times, they may removed momentarily to catch your breath.

Equipment has been spaced so participants can stay 6' apart.

All equipment is sanitized after each session.

Please wash your hands before coming into the studio, option to utilize the sink in the Mixed Equipment Studio

**PLEASE STAY HOME IF YOU ARE FEELING UNWELL OR HAVE COME INTO CONTACT WITH SOMEONE WHO IS ILL.**



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