



WOMEN'S ADVANTAGE
 MEN'S OPTIMAL HEALTH
specialized pelvic physical therapy



2015 Schedule of Pilates Sessions

(all sessions are ten weeks)

Session 20 January 5 – March 14

Session 21 March 16 – May 23

Session 22 May 26 – August 1

Off: Mon, May 25 (Memorial Day)
 Sat, July 4 (Independence Day)

Session 23 August 3 – October 10

Off: Mon, September 7 (Labor Day)

Session 24 October 12 – December 19 (**9 week session**)

Off: November 22- 28 (Thanksgiving)

Instructors

Level

Mon/Wed/Fri 7:00am _____ I

Mon/Wed/Fri 12:30pm _____ I

Tues/Thurs 12:30pm _____ II

Tues/Thurs 6/7:00pm _____ I-II (6pm); I (7pm)

Saturday 8:00am _____ I

Saturday 9:00am _____ I