

All classes are pre-paid & pre-register online or at the front desk.

1/7/19

Monday		
5:30-6:25 am	Functional Fitness	James
9:30-10:25 am	Pilates Reformer 2 <b>W</b>	Courtney
11:00-11:55 am	Small Group PT	Jamie
11:45-12:40 pm	Pilates Reformer <b>W</b>	Cindy
12:00-12:55 pm	HIIT	Jamie
4:15-5:10 pm	Pilates Reformer <b>W</b>	Cindy
6:00-6:55 pm	Small Group PT	Becky
Tuesday		
5:30-6:25 am	Small Group PT	Ryan
7:00-7:55 am	Pilates Reformer <b>W</b>	Jennifer
9:30-10:15 am	Pilates Tower <b>W</b>	Rachel
9:30-10:25 am	Beginner Weight Training	Yvonne
10:15-11:15 am	Move Your ASSets <b>W</b>	Andrea
11:45-12:40 pm	Pilates Reformer <b>W</b>	Courtney H
5:30-6:25 pm	Pilates Reformer <b>W</b>	Jennifer
Wednesday		
5:30-6:25 am	Functional Fitness	James
8:30-9:25 am	Pilates Reformer <b>W</b>	Lisa
9:00-9:55 am	Advanced Small Group PT	Jesse
10:45-11:30 am	Pilates Tower <b>W</b>	Courtney H
11:00-11:55 am	Small Group PT	Jamie
12:00-12:55 pm	HIIT	Jamie
5:30-6:25 pm	Pilates Reformer <b>W</b>	Christen
6:00-6:55 pm	Small Group PT	Vince

Thursday		
5:30-6:25 am	Endurance Strength	Becky
5:30-6:25 am	Small Group PT	Ryan
7:00-7:55 am	Pilates Reformer <b>W</b>	Jennifer
9:30-10:25 am	Pilates Reformer 2 <b>W</b>	Courtney H
9:30-10:25 am	Ladies Lifting	Yvonne
11:45-12:40 pm	Pilates Reformer <b>W</b>	Janeen
5:30-6:25 pm	Pilates Reformer 2 <b>W</b>	Courtney H
Friday		
5:30-6:25 am	Functional Fitness	James
8:30-9:25 am	Pilates Reformer <b>W</b>	Courtney H
9:00-9:55 am	HIIT	Jamie
11:00-11:55 am	Small Group PT	Jamie
11:15-12:00 pm	Pilates Tower <b>W</b>	Courtney H
Saturday		
8:00-8:55 am	<b>Functional Fitness</b>	James
8:30-9:25 am	Pilates Reformer <b>W</b>	Krista
9:30-10:25 am	Pilates Tower <b>W</b>	Christen
1:30-3:00 pm	Fighting Fit <b>W</b>	Kirk
Sunday		
10:30-11:25 am	Pilates Reformer <b>W</b>	Christen

Member Pricing			
	Drop In	10 Classes	20 Classes
60 Min	\$30	\$220	\$340
Classes are pre-paid & pre-register online or at the front desk.			
Classes are cancelled for the day if less than 2 people are registered.			
Non Member Pricing			
	Drop In	10 Classes	20 Classes
60 Min	\$40	\$300	\$500



All classes are located on the Sport Court except classes with a **W** - @Wellness Studios

[www.harborathletic.com](http://www.harborathletic.com)