

# SMALL GROUP PILATES

# THE PILATES STUDIO

Breakthru Fitness

Don't just  
workout  
**HARDER,**  
workout  
**SMARTER.**

**16**  
studio  
workouts

TIME:	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		CLASSIC		CLASSIC			
8:30am	ATHLETIC		ATHLETIC				
9:00am						ATHLETIC	
9:30am	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC		
10:00am						ATHLETIC	
10:30am							
11:00am						FOUNDATIONS OF PILATES	
5:30pm		ATHLETIC		CLASSIC			
6:00pm	CLASSIC		CLASSIC				

\*THESE ARE GROUP CLASSES DONE WITHOUT THE REFORMER.



## FOUNDATION OF PILATES:

If you've never tried Pilates before, or if it's been a while since you've done it, this FREE session is for you.



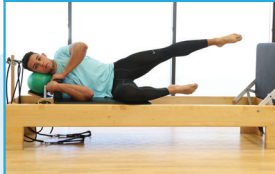
## CLASSIC:

Enjoy the original core training workout that will tone, tighten and strengthen your body with a classical Pilates session.



## ATHLETIC:

Strengthen, stretch and sweat your way to a lean body while achieving a full body workout in this new energetic and intense approach to Pilates.



## CARDIO BURN:

Kick your boring cardio routine to the curb with this high intensity, low impact, non-stop total body cardio workout session.



Please contact the front desk for more information  
or go to [www.breakthrufitness.com](http://www.breakthrufitness.com)

Breakthru Fitness

We "pinky swear" to keep to this schedule, but please check online at [breakthrufitness.com](http://breakthrufitness.com) for any last moment instructor or class changes!

2-2018