

# PILATES @ THE SPORTS MALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:00am Beg/Int Equipment Becky		
	8:00am Mat Pilates I Donita (12 Maximum)	8:00am Beg/Int Equipment Becky	8:00am Pilates Mat Intermediate Amanda (12 Maximum)	8:00am Mat Pilates 1-2Heather/Peggy	
9:10am Beginning Equipment Heather		9:10am Intermediate Equipment Heather	10:30am Beg/Int. Amanda /Rachel	9am Advanved Pilates Equipment Peggy/Heather	9:00am Equipment All Levels Merri
9:30am Int/Adv (Text Jenica 801-550-7111)	10:00am Intermediate Equipment (Text Jenica 801-550-7111)			TBA New Beginning Pilates Equipment Heather/Peggy	
10:30am Intermediate Peggy	1pm Intermediate Equipment (text Jenica @ 801-550- 7111			11am Intemediate Equipment (Txt Jenica 801-550- 7111	
5:00pm Beg/Int Equipment Becky	5pm Intermediate Mat Arielle		5:00pm Beg/Int Pilates Equipment Heather		
	6:30pm Intermediate Equipment Peggy		6:15pm Intermediate Heather		

## 24-Hour Cancellation Notice for all Appointments

Questions? Do you want a private or duet session?

Call Peggy @ 801-261-3426 Ext: 127

Pilates Mat Classes are included in your athletic membership. Our instructors are fully certified 850 hours on all Pilates' equipment, CPR certified and have accomplished many extra hours of education relating to movement science. Please sign up for equipment classes at our Customer Service Desk (Or if a text sign up is required) 24 hours in advance of your class time. You may charge your sessions to your Sports Mall membership account at any time.