



JULY SCHEDULE

Fitness Suite

MONDAY

7:00-7:55 Powerhouse Plyo
8:00-8:30 Stretching for Athletes (AIS)
9:30-10:15 Pilates Fundamentals Mat
6:00-6:50 Pilates Intermediate Mat
6:30-8:00 Yoga for Alignment

TUESDAY

9:30-10:20 Pilates Intermediate Mat
10:30-11:20 Kids Creative Movement
(Ages 2.5 to 4, Starts 7/12)
4:30-5:15 Pilates Fundamentals Mat
6:30-7:20 All Levels Pilates Mat
7:30-8:30 Zumba

WEDNESDAY

8:30-9:15 All Levels Pilates Mat
9:30-10:25 Barre Fusion
12:00-12:50 Pilates Fundamentals Mat
5:30-6:20 Gyrokinesis
6:30-7:45 Men's Yoga

THURSDAY

9:30-10:25 Ballet Barre
10:30-11:20 Pilates Intermediate Mat
1:00-2:00 Kids Zumbatonic (Grades 1 to 6)
5:45-7:15 Hatha Yoga
6:30-7:20 Pilates Fundamentals Mat

FRIDAY

7:30-8:20 Stretching for Athletes (AIS)
9:30-10:15 Pilates Fundamentals Mat

SATURDAY

9:00-9:55 Powerhouse Plyo
10:00-10:50 All Levels Pilates Mat

SUNDAY

11:30-1:00 Contemplative Hatha Yoga
(Starts 7/18)

Pilates Studio Group Sessions

Group sessions feature the Pilates apparatuses, look online for details. Space is limited. Reserve your space in advance by booking online or calling 503.505.9203.

MONDAY

8:30-9:25 Hour of Power
9:30-10:25 Hour of Power

TUESDAY

9:00-9:55 Wall Unit
10:30-11:25 Hour of Power

THURSDAY

7:00-7:55 Wall Unit
9:00-9:55 Wall Unit
5:30-6:25 Hour of Power

SATURDAY

9:00-9:55 Hour of Power

EVENTS

JULY 9 - Featured on LivingSocial.com

Sign up at their site for our special offer

JULY 17 - Active Isolated Stretch Workshop

Taught by Heather Thompson

Time: 12:30-2:00, Cost: 50\$ per person

JULY 24 - Master the Fundamentals of Mat Work

Taught by April Tillman

Time: 10:00-12:00, Cost: 50\$ per person

JULY 29 - Last Thursday on Alberta Zumba Party

Time: 7:30 p.m., Cost: FREE

Visit Urban-Pilates.com for class descriptions, packages and pricing. Call 503.505.9203 to schedule semi-private and private sessions with an instructor.