



January - Fitness Suite Classes

MONDAY

9:30-10:15 am Pilates Fundamentals Mat
10:30-11:30 am Booty Luv
6:00-6:50 pm Pilates Intermediate Mat
7:00-8:15 pm Yoga Flow

TUESDAY

8:00-8:30 am Stretching for Athletes (AIS)
9:30-10:20 am Pilates Intermediate Mat
10:30-11:30 am Barre Fusion
2:30-3:30 pm Pilates Fundamentals Mat
5:30-6:30 pm La Nina Conditioning Class*
6:30-7:20 pm All Levels Pilates Mat
7:30-8:30 pm Zumba*

WEDNESDAY

8:30-9:30 am All Levels Pilates Mat
9:30-10:30 am Body Sculpting*
10:30-11:30 am Booty Luv (starting Jan. 12)
5:30-6:30 pm M.E.L.T.
6:30-7:30 pm Functional Training*

THURSDAY

6:30-7:30 am Body Sculpting*
9:30-10:30 am Ballet Barre
10:30-11:20 am Pilates Intermediate Mat
11:45 am-12:30 pm Zumba*
5:30-6:30 pm Barre Fusion
6:30-7:30 pm All Levels Pilates Mat
7:30-8:45 pm Yoga Vinyasa Level 1-2

FRIDAY

8:30-9:30 am M.E.L.T.
9:30-10:30 am Pilates Fundamentals Mat

SATURDAY

8:00-9:00 am Body Sculpting*
9:00-10:00 am Powerhouse Plyometrics
10:00-10:50 am All Levels Pilates Mat*
11:00-12:00 pm M.E.L.T.

SUNDAY

9:30-11:00 am Hatha Yoga

*Athletic shoes are required for these classes.

Please be sure to check our online calendar for the most up-to-date schedule (it will note cancellations and changes)!



\$30 for 30 Days

Get fit fast while experiencing all Urban Pilates has to offer. Enjoy the Unlimited Fitness Suite Package for thirty days for only \$30. This is an introductory offer, one time purchase only.

GROUP & PRIVATE PILATES SESSIONS

Group sessions feature the Pilates apparatuses, and special instruction in a small group setting. Private sessions are personalized and one-on-one. Reserve your space in advance by booking online or calling 503.505.9203.

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