

PILATES STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30-7:30 am Optimal Pilates Thordis L.		6:30-7:30 am Optimal Pilates Thordis L.			
8:00-9:00 am Optimal Pilates Kristin H.	8:00-9:00 am Optimal Pilates Thordis L.		8:00-9:00 am Optimal Pilates Thordis L.	8:00-9:00 am Optimal Pilates Thordis L.		
					8:30-9:30 am Optimal Pilates Thordis L. / Pam W.	
9:00-10:00 am Optimal Pilates Kristin H.		9:00-10:00 am Optimal Pilates Thordis L.		9:00-10:00 am Optimal Pilates Thordis L.		9:00-10:00 am Optimal Pilates Thordis L.
					9:30-10:30 am Optimal Pilates Thordis L. / Pam W.	
		10:00-11:00 am Optimal Pilates Thordis L.		10:00-11:00 am Optimal Pilates Thordis L.		
5:30-6:30 pm Optimal Pilates Thordis L.		5:30-6:30 pm Optimal Pilates Thordis L.				

All classes and class descriptions can be accessed and booked on the Opti-Life App. Class schedule can change without notice, so please use the app for most up-to-date class information.

CLASS DESCRIPTION

Optimal Pilates

This is our unlimited format. You will work with informed and talented Instructors on equipment like our Reformers and other apparatus'. From sculpting long and lean muscles, working those hard-to-get muscles, to toning the body, and muscle recovery. The Instructors will provide a well-rounded and informative class that will leave you feeling worked and rejuvenated. *Available to Premier Service Program Participants, Register at the Membership Desk.