

# Rockwell Collins Recreation Center

## UPDATED Pilates Schedule

Effective  
January 23- March 4, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TIME</b>						
<b>5:25-6:25AM</b>	Level 1 (B) Amanda Mon/Wed	*Level 2/3 (B) Leslie Tu/Th	Level 1 (B) Amanda Mon/Wed	*Level 2/3 (B) Robin Tu/Th		
<b>5:30-6:30AM</b>	<b>Private Pilates available for 1-4 people. Contact Bonnie for more information.</b>		<b>Private Pilates available for 1-4 people. Contact Bonnie for more information.</b>	*Pilates for Athletes (A) Amanda Thurs Only		
<b>8:15-9:15AM</b>		*Silver Plus (B) Kyanne Tu/Th		*Silver Plus (B) Bonnie Tu/Th		
<b>8:15-9:15AM</b>		Silver Pilates (A) Bonnie Tu/Th		Silver Pilates (A) Kyanne Tu/Th		8:05am Call-In Pilates (B) Leslie
<b>9:15-10:15AM</b>						Call-In Pilates (B) Leslie
<b>9:20-10:20AM</b>		*Level 3 (A) Bonnie Tu/Th		*Level 3 (A) Cori Tu/Th		
<b>9:20-10:20AM</b>		Call-In Pilates (B) Kyanne		Call-In Pilates (B) Kyanne		
<b>11:30-12:00PM</b>						<i>Freebie Friday (B) <b>First Friday of the month ( See description on back)</b></i>
<b>12:00-1:00PM</b>				<b>Group Intro to Pilates Feb 14, 16, 21, 23</b>	<b>Group Intro to Pilates Feb 14, 16, 21, 23</b>	
<b>12:05-12:30PM</b>		Powerful Legs (B) Bonnie			Call-In Pilates (B) Jacki	HardCORE/Arms (B) Bonnie
<b>12:30-12:55PM</b>		HardCORE/Arms (B) Bonnie				Powerful Legs(B) Bonnie
<b>1:10-2:10PM</b>	Call-In Silver Pilates (B) Bonnie		Call-In Silver Pilates (B) Jacki	Call-In Silver Pilates (B) Bonnie		
<b>4:40-5:25PM</b>				Mat Pilates (FC) Alicia		
<b>4:25-5:25PM</b>		*Level 2 (B) Alicia Tu/Th		* Level 2 (B) Lindsay Tu/Th		
<b>5:30-6:30PM</b>		Level 1 (B) Alicia Tu/Th		Level 1 (B) Amanda Tu/Th		
<b>6:45-7:45PM</b>	<b>Group Intro to Pilates Feb 13, 15, 20, 22</b>		<b>Group Intro to Pilates Feb 13, 15, 20, 22</b>			
<b>7:45-8:45PM (NEW)</b>	Call-In Pilates (B) Lindsay <b>Starting Mon. Feb, 6th.</b>					
<b>Introduction to Pilates must be taken before registering for group reformer classes. To register, Contact the front desk by calling 295-2552. Private Intros may also be scheduled by contacting Bonnie at 295-0066 or email <a href="mailto:bjbenesh@rockwellcollins.com">bjbenesh@rockwellcollins.com</a> for more details.</b>		<b>*Instructor permission required to attend these classes. All other classes are open to any level. Call 295-2552 or stop by the Front Desk up to 48hrs before a class to reserve your spot.</b>			<b>"The Pilates Method of Body Conditioning develops the body uniformly, corrects posture, restores vitality, invigorates the mind and elevates the spirit ." ~ Joseph H. Pilates</b>	