

**1-60min
Session:
\$25**

**10-60 min
Sessions:
\$143 per
month**



**Small Group
Wellness
Pricing:**

**5-60 min
sessions:**

\$79 per month

March Small Group Wellness

Monday

10:15-11:15 am: Pilates Reformer-Level 2 (*Multipurpose Room*)
3:30-4:30 pm: Pilates Reformer-Level 2 (*Multipurpose Room*)

Tuesday

9:10-10:10 am: Pilates Reformer-Level 2 (*Multipurpose Room*)
10:15-11:15 am: Pilates Reformer-Level 3 (*Multipurpose Room*)
3:30-5:30 pm: Community Acupuncture (*Multipurpose Room*)

Wednesday

10:15-11:15 am: Pilates Reformer-Level 1 (*Multipurpose Room*)
10:20-11:20: Pilates Reformer-Level 2 (*Multipurpose Room*)

Thursday

10:15-11:15 am: Pilates Reformer-Level 3 (*Multipurpose Room*)
11:20-12:20 pm: Pilates Reformer-Level 2 (*Multipurpose Room*)
1:00-3:00 pm: Community Acupuncture (*Multipurpose Room*)
1:30-2:30 pm: Moving with Parkinson's (*Studio 2*)
3:30-5:30 pm: Free Community Acupuncture (*Multipurpose Room*)

Friday

10:00-10:45 am: Strength for Seniors (*Fitness Center*)
11:00-12:00 pm: Pilates Reformer Level 1 (*Multipurpose Room*)

Sunday

12:00-1:00 pm: Building Better Balance (*Studio 2*)