

phi pilates studio

MONDAY			
9:30 am	YUR Back Equipment Class	Lindsey	2 nd floor
10:30 am	Equipment Class	Chrissy	2 nd floor
11:30 pm	Joint Pain Equipment Class	Becky	2 nd floor
12:30 pm	YUR Back Equipment Class	Rachel	2 nd floor
7:00 pm	Equipment Class	Kat	2 nd floor
TUESDAY			
6:15 am	Core Align Class	Lindsey	3 rd floor
9:00 am	Equipment Class	Karen	2 nd floor
10:30 am	YUR Back Equipment Class	Lindsey	2 nd floor
5:00 pm	YUR Back Extension Equip Class	Chrissy	2 nd floor
6:15 pm	Core Align Class	Chrissy	3 rd floor
WEDNESDAY			
8:00 am	Oov Class	Chrissy	3 rd floor
9:00 am	YUR Back Flexion Equipment Class	Chrissy	2 nd floor
10:00 am	Core Align Class	Lynn	3 rd floor
5:00 pm	TRX Class	Cassie	3 rd floor
7:00 pm	YUR Back Equipment Class	Lindsey	2 nd floor
THURSDAY			
6:15 am	Bounce and Barre	Shawna	3 rd floor
9:30 am	Equipment Class	Susan	2 nd floor
10:30 am	Core Align Class	Karen	3 rd floor
10:30am	YUR Back Equipment Class	Cassie	2 nd floor
5:00 pm	Core Align Class	Cassie	3 rd floor
6:00 pm	YUR Back Equipment Class	Rachel	2 nd floor
FRIDAY			
8:30 am	Equipment Class	Lynn	2 nd floor
9:30 am	Chair Class	Cassie	3 rd floor
10:00 am	YUR Back Equipment Class	Karen	2 nd floor
11:30 am	Joint Pain Equipment Class	Lynn	2 nd floor
SATURDAY			
8:00 am	Equipment Class	Cassie	2 nd floor
8:00 am	Bounce Class	Chrissy	3 rd floor
9:00 am	Core Align Class	Susan	3 rd floor
9:15 am	YUR Back Equipment Class	Cassie	2 nd floor
10:30 am	Introductory Equipment Class (free for new members)	Cassie	2 nd floor
SUNDAY			
9:00 am	Teacher's Choice Equipment Class	Lynn	2 nd floor



**VIRTUAL CLASS
SCHEDULE**

*****Must have the designated equipment to participate*****

MONDAY			
9:30 am	YUR Back Reformer Class	Lindsey	ZOOM
10:30 am	Reformer Class	Chrissy	ZOOM
TUESDAY			
6:15 am	Core Align Class	Lindsey	ZOOM
10:30 am	YUR Back Equipment Class	Lindsey	ZOOM
6:15 pm	Core Align Class	Chrissy	ZOOM
WEDNESDAY			
8:00 am	Oov Class	Chrissy	ZOOM
5:00 pm	TRX Class	Cassie	ZOOM
7:00 pm	YUR Back Reformer Class	Lindsey	ZOOM
THURSDAY			
10:30am	YUR Back Reformer Class	Cassie	ZOOM
5:00 pm	Core Align Class	Cassie	ZOOM
FRIDAY			
9:30 am	Chair Class	Cassie	ZOOM
SATURDAY			
8:00 am	Reformer Class	Cassie	ZOOM
9:00 am	Core Align Class	Susan	ZOOM
9:15 am	YUR Back Reformer Class	Cassie	ZOOM

Page 2 of 2 *All classes are 50 minutes in duration. Starts October 1, 2023.