

phi pilates studio

Mat membership classes are highlighted in green

CLASS SCHEDULE

MONDAY			
8:45 am	TRX Class	Chrissy	3 rd floor
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	Lynn	2 nd floor
12:30 pm	YUR Back Equipment Class	Rachel	2 nd floor
5:00 pm	Oov Class	Cindy	3 rd 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	Stephanie	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
5:15 pm	Pilates Mat Class	Anna	3 rd 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
10:30 am	YUR Back Extension Equip Class	Lindsey	2 nd floor
5:00 pm	TRX Class	Cassie	3 rd floor
THURSDAY			
9:15 am	Bounce	Cassie	3 rd floor
9:30 am	Equipment Class	Susan	2 nd floor
10:30 am	Core Align Class	Anna	3 rd floor
10:30 am	YUR Back Equipment Class	Cassie	2 nd floor
1:00 pm	Pilates Mat Class	Rachel	3 rd floor
5:00 pm	Core Align Class	Cassie	3 rd floor
5:30 pm	YUR Back Equipment Class	Rachel	2 nd floor
FRIDAY			
6:30 am	Equipment Class	Cassie	2 nd floor
8:30 am	Equipment Class	Lynn	2 nd floor
9:30 am	Chair Class	Cassie	3 rd floor
10:30 am	YUR Back Equipment Class	Lindsey	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

Schedule begins November 1, 2024. All classes are 50 minutes in duration.

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9:00 am	Core Align Class	Susan	3 rd floor
9:15 am	YUR Back Equipment Class	Cassie	2 nd floor
10:00 am	Pilates Mat Class	Anna	3 rd floor
11:00 am	Introductory Equipment Class (free for new members)	Anna	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. Zoom link will be emailed.

MONDAY			
8:45 am	TRX Class	Chrissy	ZOOM
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 Reformer Class	Lindsey	ZOOM
5:00 pm	YUR Back Extension Reformer	Chrissy	ZOOM
5:15 pm	Pilates Mat Class	Anna	ZOOM
6:15 pm	Core Align Class	Chrissy	ZOOM
WEDNESDAY			
8:00 am	Oov Class	Chrissy	ZOOM
10:30 am	YUR Back Extension Equip Class	Lindsey	ZOOM
5:00 pm	TRX Class	Cassie	ZOOM
THURSDAY			
9:15 am	Bounce	Cassie	ZOOM
10:30am	YUR Back Reformer Class	Cassie	ZOOM
1:00 pm	Pilates Mat Class	Rachel	ZOOM
5:00 pm	Core Align Class	Cassie	ZOOM
FRIDAY			
6:30 am	Equipment Class	Cassie	ZOOM
9:30 am	Chair Class	Cassie	ZOOM
10:30 am	YUR Back Equip Class	Lindsey	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
10:00 am	Pilates Mat Class	Anna	ZOOM

Schedule begins November 1, 2024. All classes are 50 minutes in duration.