

Mandell JCC Pilates Reformer Updated November 1, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 am - 6:45 am Dave	8:15 am - 9:00 am Dave			5:45 am - 6:45 am Dave	
		9:30 am - 10:30 am Phyllis		9:30 am - 10:30 am Dave	9:00 am - 10:00 am Dave	
	10:30 am - 11:30 am Dave	10:30 am-11:30 am Phyllis	10:15 am -11:15 am Dave		10:00 am - 11:00 am Dave	
		6:15pm - 7:15pm Karin		6:15pm - 7:15pm Karin		
	7:15pm - 8:15pm Karin	7:15pm - 8:15pm Karin		7:15pm - 8:15pm Karin		

Classes limited to 5 participants.
\$25 per person/per class.

To reserve your spot, contact Karin Lewis at 860-751-9730
or Klewis@mandelljcc.org