



PILATES REFORMER CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am Dave				5:45am Dave	
8:00am Lindsey						
	9:00am Sol	9:00am Dave	9:00am Lindsey	9:00am Dave	9:00am Sol	
10:00am Lindsey	10:00am Carmen			12:00pm Sol <i>*Specialized Adaptations</i>	10:00am Carmen	
		5:00pm Sol	5:00pm Becca		11:00am Carmen	

Group class for those in need of **specialized adaptations due to knee, hip, back, neck etc. issues.*

Classes are limited to 5 participants | \$30 per person/per class
Packages available | All classes are 55 minutes

To reserve your spot, contact Carmen Erian at 860-231-6348 or cerian@mandelljcc.org

Benefits of Pilates

- Increases Flexibility
- Develops Core Strength
- Improves Posture
- Increases Body Awareness
- Eases Aches and Pains
- Helps Reduce Stress and Anxiety
- Improves Physical Coordination and Balance