

Pilates Reformer & Swim Coaching Schedule

Private training sessions available outside of these class times.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Pilates Reformer (Kim)		Pilates Reformer (Kim)		
12:15 PM		Pilates Reformer (Kim)		Pilates Reformer (Kim)	
5:30 PM			Pilates Reformer (Christine)		5PM Group Acupunture (Tara)
8:00-9:00 PM			SWIM COACHING (Alex)		
<p>Scheduling Information: Additional fees apply.</p> <p><u>Swim Coaching</u> can be scheduled by calling Alex @ 541.497.3301</p> <p><u>Morning/Noon Pilates</u> can be scheduled by calling Kim @ 503.418.9060.</p> <p><u>Evening Pilates</u> can be scheduled by calling Michelle @ 503.418.9646.</p>					
<p>Note: All classes must be registered for prior to attending.</p>					