



march  
wellness

## Fee Based Services Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Pilates Reformer class		Pilates Reformer class		
12:15 PM		Pilates Reformer class		Pilates Reformer class	
5:30 PM			Pilates Reformer class		

**Scheduling Information:** Pilates classes and private training can be scheduled by calling 503.418.9060, or speaking with a Pilates Instructor.