

**NEW CLIENT INTRO**

**2 WEEKS OF  
UNLIMITED GROUP CLASSES  
\$49**



**GROUP CLASS PRICING:**

**SINGLE 25 MIN CLASS - \$15**

**SINGLE 50 MIN CLASS - \$25**

**10 PACK OF CLASSES - \$225**

**ONE MONTH UNLIMITED CLASSES  
\$149**

**CORE ATLANTA  
ONLINE GROUP CLASS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM		Pilates Mat II Kristian	Gyrokinesis Flow Jessica	Pilates Mat II Kristian	Gyrokinesis Basics Jessica	Pilates Mat III Jessica	
9:00 AM	Pilates Mat II Kristen		Pilates Mat II Kristen				
10:00 AM		Back, Hip & Pelvis with Core Stability Dr. Charlotte		Neck & Shoulder plus Postural Stabilization Dr. Charlotte		Pilates Mat I Falashay	Weight Bearing Exercises for Osteoporosis Dr. Charlotte
11:00 AM						Gyrotonic Chair Class Falashay	
12:00 PM	Lunchtime Yoga Pilates Flow Kali	Express Pilates Mat Kristen	Lunchtime Yoga Pilates Flow Kali	Express Pilates Mat Kristen	Pilates Mat III Ila		
3:00 PM			Balance Training Dr. Charlotte Total Body Stretch Dr. Charlotte				
4:00 PM		Pilates Mat I Ila		Pilates Mat II Ila			Pilates Mat II Kristen
6:00 PM	Yoga Pilates Fusion Kali		Pilates Mat II Kali				
7:00 PM		Pilates Mat II Kali		Pilates Mat II Kristian			

[info@coreatl.com](mailto:info@coreatl.com)

[www.coreatl.com](http://www.coreatl.com)

404.814.2272