

NEW CLIENT INTRO

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



GROUP CLASS PRICING:

**SINGLE 25 MIN CLASS - \$15
SINGLE 50 MIN CLASS - \$25
ONE MONTH UNLIMITED CLASSES
\$149
ONE MONTH UNLIMITED CLASSES
(FOR EXISTING MEMBERS) - \$99**

**CORE ATLANTA
ONLINE GROUP CLASS SCHEDULE
Updated June 15th**

	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	Pilates Mat II Darlene		Pilates Mat II Darlene	Neck & Shoulder plus Postural Stabilization Dr. Charlotte	Pilates Mat I Falashay	
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		
2:00 PM							Weight Bearing Exercises for Osteoporosis Dr. Charlotte
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 Ila
6:00 PM	Pilates Mat II Ila		Pilates Mat II Kimberly				
7:00 PM		Pilates Mat II Darlene		Pilates Mat II Kristian			

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