

Physical Therapy Care Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						
9:00am		Pilates Group class (intermediate)		Pilates Group class (intermediate)		8:30am Pilates Group class (Intermediate)
10:00am						9:30am Pilates Group class (intermediate)
11:00am	Pilates Group Class					10:30am Pilates Group class (Intro)
12:00pm						
1:00pm						
2:00pm		Arthritis Foundation Group Exercise		Arthritis Foundation Group Exercise		
3:00pm						
4:00pm						
5:00pm		Pilates Group class (intermediate)	Pilates Group class (Intro)	Pilates Group class (intermediate)		
6:00pm		Pilates Group class (intermediate)	Pilates Group class (Intro)	Pilates Group class (intermediate)		
7:00pm	Circuit Training 2.0		Circuit Training 2.0			

Class Descriptions:

Pilates Group Class: Work on core stability, flexibility and the mind-body connection

Arthritis Foundation Group exercise: Exercise and pain management techniques designed by the Arthritis Foundation. Exercises include range of motion for all major joints, strengthening, stretching, coordination and balance training in a social atmosphere.

Circuit Training 2.0: Fun, intense, group exercise class. Get your heart racing using resistance bands, free weights, and bursts of cardio to transform your body!

Class Pricing: All Pilates and Circuit Training classes \$25= 1 class, \$120=5 classes, \$250=12 classes

Arthritis Foundation Group exercise class \$10= 1 class, \$50= 10 classes, (For Wellness Members \$25= 10 classes)

Private and semi-private pilates and personal training available

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