

Physical Therapy Care

Weekly Class Schedule (Effective 6/28/11)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						8:30am Pilates Group (Michelle)
9:00am		Pilates Group (Anna)		Pilates Group (Anna)		9:30am Pilates Group (Michelle)
10:00am		Pilates Group (Anna)		Pilates Group (Anna)		10:30am Pilates Group (Michelle)
11:00am						11:30am Pilates Group (Michelle)
12:00pm						
1:00pm						
2:00pm		Arthritis Foundation Group Exercise		Arthritis Foundation Group Exercise		
3:00pm						
4:00pm						
5:00pm		Pilates Group (Ali)		Pilates Group (Sarah)		
6:00pm	5:30pm Pilates Group (Ali)	Pilates Group (Ali)		Pilates Group (Sarah)		
	6:30pm Pilates Group (Michelle)					
7:00pm			Pilates Group class (Michelle)			

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.

Class Pricing: All Pilates classes \$30= 1 class, \$135=5 classes, \$270=10 classes

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

Private (\$75 session) and semi-private (\$40/session) pilates and personal training (\$40/session) available by appointment only

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