



CLASS SCHEDULE

Portsmouth

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>NO CLASS DATES</u>
Monday	11:05AM	Intermediate	Tina	11/28, 12/5, 12/12,12/26
Monday	12:05PM	Basics	Tina	11/28, 12/5, 12/12,12/26
Monday	5:30PM	Intermediate	Tina	12/26
Wednesday	12:05PM	Intermediate	Tina	11/30, 12/7
Wednesday	5:30PM	Intermediate	Joanna	
Thursday	5:30PM	Beginner	Marie	11/24

Click [here](#) for the Client Profile form required prior to taking classes.

Pilates Reformer Private & Semi Private Classes are Offered by Appointment Only.

- Basics:** Pilates at a slower, gentler pace with attention to specific needs. Appropriate for those coming out of rehabilitation or feel intimidated by a larger group setting. You will notice improved core strength, increased range of motion and flexibility, better posture and quality of movement.
- Beginner:** This class is for people who are new to Pilates. The classical beginner exercises are introduced in this class.
- Intermediate:** This is a faster paced class that advances on the exercises learned in the beginner class with an emphasis on flow and form. Clients must be able to perform all of the beginner repertoire before advancing to this class.

*Classes may be subject to change. All sessions must be prepaid to receive the session rate.
Number of classes vary by month. Call for further details: (603) 610-2200*