BCHD Center for Health & Fitness
A Public Agency
A Beach Cities Health District Program

SPRING PILATES CLASSES

CLASSES BEGIN 3-29-10 (No class Easter Sun. & Memorial Day)

MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 a.m. Mat Fusion (Wellness Rm.) Instructor: Manuela	8:30 a.m. Jump Board 1/2 hr. (Ref. Rm.) Instructor: Jamie	8:30 a.m. Reformer Level III (Ref. Rm.) Instructor: Jamie	8 a.m. Reformer Level II (Ref. Rm.) Instructor: Michelle	9 a.m. Reformer/Jump Level I (Ref. Rm.) Instructor: Jamie	8 a.m. Reformer for Seniors Level II (Ref. Rm.) Instructor: Cheryl	10 a.m. Mat Gyrokenisis Level II (Wellness Rm.) Instructor: Monica
9 a.m. Reformer Level II (Ref. Rm.) Instructor: Debbie	9 a.m. Reformer/Jump Level I (Ref. Rm.) Instructor: Jamie	9:15 a.m. Mat Pilates for Seniors (Mat Rm.) Instructor: Lilly	9 a.m. Jump Board 1/2 hr. (Ref. Rm.) Instructor: Jamie	10 a.m. Jump Board 1/2 hr. (Ref. Rm.) Instructor: Jamie	9 a.m. Reformer Level II (Ref. Rm.) Instructor: Cheryl	10:15 a.m. Reformer Level II (Ref. Rm.) Instructor: Kamala
10:30 a.m. Senior Reformer Level II (Ref. Rm.) Instructor: Cheryl	9 a.m. Pilates Mat (Mat Rm.) Instructor: Cheryl	10:15 a.m. Pilates Mat (Mat Rm.) Instructor: Lilly	9:30 a.m. Pilates Mat Arc Barrel (Mat Rm.) Instructor: Jamie	10:30 a.m. Reformer Level II/III (Ref. Rm.) Instructor: Maria	9 a.m. Pilates Mat (Mat Rm.) Instructor: Kamala	
10 a.m. Mat Core, Strength & Flexibility (Mat Rm.) Instructor: Debbie	10:30 a.m. Abs, Back & Neck (Mat Rm.) Instructor: Umeko	10:30 p.m. Reformer Level I/II (Ref. Rm.) Instructor: Umeko	10:30 a.m. Mat Hip, Knee & Shoulder (Mat Rm.) Instructor: Umeko	10:30 a.m. Mat Pilates (Mat Rm.) Instructor: Cheryl	10 a.m. Reformer for Seniors Level II (Ref. Rm.) Instructor: Cheryl	
4:30 p.m. Reformer Level II (Ref. Rm.) Instructor: Jeannie	10:30 a.m. Reformer for Seniors Level II (Ref. Rm.) Instructor: Cheryl	5:30 p.m. Pilates Pump (Mat Rm.) Instructor: Christine	12:30 p.m. Senior Reformer Level I (Ref. Rm.) Instructor: Cheryl	11:30 a.m. Reformer for Seniors Level I (Ref. Rm.) Instructor: Cheryl	10 a.m. Mat Pilates (Wellness Rm.) Instructor: Kamala	
6 p.m. Mat Fusion (Wellness Rm.) Instructor: Christine	11:30 a.m. Reformer for Seniors Level I (Ref. Rm.) Instructor: Cheryl	5:30 p.m. Reformer Level II (Ref. Rm.) Instructor: Jamie	4 p.m. Reformer Level I (Ref. Rm.) Instructor: Debbie		11 a.m. Movement Therapy (Wellness Rm.) Instructor: Kamala	
7 p.m. Mat Fusion (Wellness Rm.) Instructor: Christine	3 p.m. Reformer Level I/II (Ref. Rm.) Instructor: Debbie	6:30 p.m. Pilates for Strength & Conditioning (Mat Rm.) Instructor: Debbie	6 p.m. Reformer Level II/III (Ref. Rm.) Instructor: Monica		12:15 p.m. Reformer Level II (Ref. Rm.) Instructor: Michelle	
7:30 p.m. Reformer Level II (Ref. Rm.) Instructor: Manuela	5 p.m. Reformer Level III (Ref. Rm.) Instructor: Cheryl		6 p.m. Mat Power Core (Mat Rm.) Instructor: Bobbie			
	5 p.m. Pilates Mat (Mat Rm.) Instructor: Lilly		7 p.m. Mat Fusion (Wellness Rm.) Instructor: Michelle			
	6 p.m. Reformer Level III (Ref. Rm.) Instructor: Monica		8 p.m. Reformer Level II (Ref. Rm.) Instructor: Michelle			
	7 p.m. Pilates Mat Fusion (Wellness Rm.) Instructor: Manuela					

HOURS: Mon. - Thu. 5:30 a.m. - 9 p.m., Fri. 5:30 a.m. - 8 p.m. , Sat. & Sun. 7 a.m. - 4 p.m. **310-374-3426, ext. 147**

Instructor and/or class may change without notice.
Check out our group fitness schedule online **beachcitiesgym.org**.