

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 a.m.					Level 3 7:45 a.m.	Level 3
8:30 a.m.						Level 3
9:00 a.m.	Level 3	Level 2/3	Level 3	Level 2/3	Level 3	Level 2 9:30 a.m.
10:15 a.m.	Level 3/4	Level 2	Level 3/4	Level 2	Level 3	Level 1/2 - 2 10:30 a.m.
11:30 a.m.	Level 3	Level 2/3	Level 1/2 - 2	Level 2/3	Level 1/2 - 2	
1:00 p.m.		Level 1 NEW!		Level 1 NEW!		
3:00 p.m.		Level 2/3		Level 2/3		
4:15 p.m.		Level 1/2 - 2	Level 3 4:30 p.m.	Level 1/2 - 2		
5:30 p.m.	Level 3	Level 3		Level 3		
6:30 p.m.	Level 1/2 - 2	Level 2/3		Level 2		

LEVEL 1 – This class is as easy it gets! We move very slowly, introducing new exercises with modifications for any injuries or limitations.

LEVEL 1/2 – A beginning class ideal for the new student. You'll learn baseline exercises that will continue to build onto the next one. Perfect for those new to exercise.

LEVEL 2 – A fun and dynamic, mixed-level class for advanced beginner/low intermediate clients who are looking to jump right in! Exercise variations/modifications will be taught for each level.

LEVEL 2/3 – An energizing intermediate class that incorporates fun props and fresh workouts, for those who love variety. We'll keep you moving in exciting, creative ways that will empower you with strength & control!

LEVEL 3 --A challenging class for those with prior Pilates experience and NO injuries. A well-rounded workout that engages the entire body and leave you feeling strong and flexible.

LEVEL 3/4 – This highly challenging class will continue where Level 3 lets off. You'll be expected to know the Classical Pilates repertoire with exercise names, settings, and transitions.

CLASSES ARE 55 MINUTES LONG—ALL CLASSES ARE SCHEDULED IN ADVANCE

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