

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00-7:45 am <b>Pilates Reformer Plus</b> - Lorna		7:00-7:55 am <b>Pilates Reformer Plus</b> - Jackie		
9:30-10:25 am <b>Pilates AMPD</b> - Katie	<b>NEW</b> 9:00-9:55 am <b>Pilates Essentials</b> - Adrienne	9:30-10:25 am <b>Pilates AMPD</b> - Jackie	9:00-9:55 am <b>Pilates Reformer Plus</b> - Jackie	9:30-10:25 am <b>Pilates Reformer Plus</b> - Jackie	9:30-10:25 am <b>Pilates Reformer Plus</b> - James A.	9:30-10:25 am <b>Pilates Reformer Plus</b> - Jackie
5:30-6:25 pm <b>Pilates Reformer Plus Lv II</b> - Jackie	5:30-6:25 pm <b>Pilates Reformer Plus</b> - Katie	5:30-6:25 pm <b>Pilates Reformer Plus Lv II</b> - Jackie				
6:30-7:25 pm <b>Pilates Reformer Plus</b> - Jamie K.	6:30-7:25 pm <b>Pilates Reformer Plus</b> - Katie	6:30-7:25 pm <b>Pilates Reformer Plus</b> - Jamie K.	6:30-7:25 pm <b>Pilates Essentials</b> - Jamie G.			

**Pilates Reformer Plus**

Fun, motivating and challenging workout that will surely get you addicted to Pilates. Each class is uniquely different offering experience on a variety of Pilates equipment and offers a full body workout!

Level II = intermediate student

**Pilates AMPD**

High intensity, energetic, full-body workout blending highly effective Pilates and athletic exercises to sculpt muscles and torch calories. Be motivated by the energizing music and accelerated pace. In every class, expect every muscle to shake while you plank, lunge, pulse, sweat, and have fun! Pilates AMPD is not appropriate for those with injuries or rehabbing from an injury.

**Pilates Essentials**

New to Pilates? Get a thorough introduction to the Pilates Method and the fundamental movements that form the basis of many Pilates exercises. Classes are carefully paced with flow and progression to increase your Pilates repertoire. Receive plenty of attention on individual form, technique, alignment, and breath work.

**New Client Special**

Try our Pilates classes at a discounted rate!

3 classes for \$59  
(For new Pilates customer only)

**Pilates Power Pass**

A flexible and more convenient way to take classes.

- Enjoy the freedom to attend classes that fit your schedule.
- Guarantee your spot up to 3 days in advance.
- Power pass is good for 90 days.

**Details at [tiny.ucsf.edu/pilatespass](http://tiny.ucsf.edu/pilatespass)**

**Member/Non-member Pricing**

Single Class: \$35/45  
10 Class Pass: \$290/365  
20 Class Pass: \$520/650

*No shows and cancellations with less than 2-hours notice will be charged for the class. Classes are subject to change without notice.*

*Please note: Classes are not appropriate for rehabilitation purposes or for those who need special attention due to injury.*

Please contact Fitness Manager, Adrienne Chambers, 415.514.4538 for any questions.