



PILATES REFORMER

Rev. 4/13/17

Session Schedule

MON	TUE	WED	THU	FRI
With Hilary 9:45 a.m. – 10:45 a.m.	With Hilary 8:45 a.m. – 9:45 a.m.	With Hilary 9:45 a.m. – 10:45 a.m.	With Hilary 5:00 p.m. – 6:00 p.m.	With May 8:30 a.m. – 9:30 a.m.
With Adriana 6:30 p.m. – 7:30 p.m.	With Hilary 5:00 p.m. – 6:00 p.m.	With Adriana 6:30 p.m. – 7:30 p.m.	With Hilary 6:00 p.m. – 7:00 p.m.	With Hilary 9:45 a.m. – 10:45 a.m.
	With Hilary 6:00 p.m. – 7:00 p.m.			

Schedule a Session Today! Email Chrsi Blackman, at Christina.Blackman@Northbay.org or call (707) 624-8080.



HealthSpringFitness

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