



# PILATES REFORMER

Rev. 5/25/17

## Session Schedule

MON	TUE	WED	THU	FRI
<b>With Hilary</b> 9:45 a.m. – 10:45 a.m.	<b>With Hilary</b> 5:00 p.m. – 6:00 p.m.	<b>With Hilary</b> 9:45 a.m. – 10:45 a.m.	<b>With Hilary</b> 5:00 p.m. – 6:00 p.m.	<b>With Hilary</b> 9:45 a.m. – 10:45 a.m.
<b>With Adriana</b> 6:30 p.m. – 7:30 p.m.	<b>With Hilary</b> 6:00 p.m. – 7:00 p.m.	<b>With Adriana</b> 6:30 p.m. – 7:30 p.m.	<b>With Hilary</b> 6:00 p.m. – 7:00 p.m.	

**Schedule a Session Today! Email Chrisi Blackman, at [Christina.Blackman@Northbay.org](mailto:Christina.Blackman@Northbay.org) or call (707) 624-8080.**



**HealthSpringFitness**

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