



PILATES REFORMER

Rev. 02/14/18

Session Schedule

MON	TUE	WED	THU	FRI
With Hilary 9:45 a.m. – 10:45 a.m.	With Liza 8:00 a.m. – 9:00 a.m.		With Liza 8:00 a.m. – 9:00 a.m.	With Hilary 9:45 a.m. – 10:45 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 5:00 p.m. – 6:00 p.m.	With Adriana 2:30 p.m. – 3:30 p.m.
	With Hilary 6:00 p.m. – 7:00 p.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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