



# PILATES REFORMER

Rev. 08/14/18

## Session Schedule

<b>MON</b>	<b>With Liza</b> 8:00 a.m. – 9:00 a.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>TUE</b>	<b>With Hilary</b> 5:00 p.m. – 6:00 p.m.	<b>With Hilary</b> 6:00 p.m. – 7:00 p.m.			
<b>WED</b>	<b>With Adriana</b> 6:30 p.m. – 7:30 p.m.				
<b>THU</b>	<b>With Liza</b> 8:00 a.m. – 9:00 a.m.	<b>With Liza</b> 9:00 a.m. – 10:00 a.m.	<b>With Liza</b> 10:00 a.m. – 11:00 a.m.	<b>With Hilary</b> 5:00 p.m. – 6:00 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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