



Regeneration

Pilates and Progressive EXERCISE CENTER



525 NE 6th Street, (across the street from the courthouse) • Phone: 476-3307

Classes are on a drop-in basis, \$10.00 per class or \$8.00 with purchase of a 10-session class pass. No sign up fee.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 am Begin CIRCUIT* Members Only	7:00 am Begin CIRCUIT* Members Only	7:00 am Begin CIRCUIT* Members Only	7:00 am Begin CIRCUIT* Members Only	7:00 am Begin CIRCUIT* Members Only	
7:00 am - 12 pm CIRCUIT*	8:00-8:50am WEIGHTS & BALANCE Armando Garcia	8:00-8:50am BLISSwork Armando Garcia	8:00-8:50am WEIGHTS & BALANCE Armando Garcia	8:00-8:50am BLISSwork Armando Garcia	8:00-8:50am WEIGHTS & BALANCE Armando Garcia	
	9:00-9:50am PILATES BLISSwork FUSION Judy Leavitt	9:00-9:50am ADVANCED BASICS Becky Malas	9:00-9:50am PILATES BLISSwork FUSION Judy Leavitt	9:00-9:50am ADVANCED BASICS Becky Malas	9:00-9:50am PILATES BLISSwork FUSION Judy Leavitt	
		10:00-10:50 GENTLE BASICS Becky Malas		10:00-10:50 GENTLE BASICS Becky Malas		10:00-11:00 BLISSwork Alternating Instructors
	12 pm End CIRCUIT* Members Only	12 pm End CIRCUIT* Members Only	12 pm End CIRCUIT* Members Only	12 pm End CIRCUIT* Members Only	12 pm End CIRCUIT* Members Only	
	3:00 pm Begin CIRCUIT* Members Only	3:00 pm Begin CIRCUIT* Members Only	3:00 pm Begin CIRCUIT* Members Only	3:00 pm Begin CIRCUIT* Members Only	3:00 pm Begin CIRCUIT* Members Only	
3:00-7:00 pm CIRCUIT*	4:30-5:20pm PILATES BLISSwork FUSION Judy Leavitt	4:30-5:20pm PILATES BLISSwork FUSION Judy Leavitt	4:30-5:20pm PILATES BLISSwork FUSION Judy Leavitt			
	7 pm End CIRCUIT* Members Only	7 pm End CIRCUIT* Members Only	7 pm End CIRCUIT* Members Only	7 pm End CIRCUIT* Members Only	7 pm End CIRCUIT* Members Only	

*For more information on the **Pilates Circuit**, please turn to the other side of this sheet*

Unsupervised circuit runs Mon - Wed 4:30-5:30pm

www.regeneration-center.com