

PURE PILATES Inc.

2016/2017 Class Schedule

● Mind/Body Classes \$15.00 with class card

Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30 Mat <i>Mind/Body Studio</i> ●	9:30 - 10:30 Pilates Barre <i>Mind/Body Studio</i> ●	9:30 - 10:30 Pilates Chair <i>Mind/Body Studio</i> ●	9:30 - 10:30 Pilates Barre <i>Mind/Body Studio</i> ●		7:30 - 8:30 Mat <i>Mind/Body Studio</i> ●
4:30 - 5:30 Pilates Barre <i>Mind/Body Studio</i> ●					
Trainer Contact Information: Ann: 781-956-7994 Jayne: 617-803-9691 Traci: 469-682-1653					

Norwell Athletic Center - 412 Washington Street, Norwell MA 02061 / 781-659-6565

Pamela Garcia 781-223-8416

www.purepilatesinc.com