

# MAC 2020 FITNESS SCHEDULE

## PILATES GROUP TRAINING

Session Dates: February 24-April 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM						
8:00 AM						
9:00 AM						
9:15 AM						
9:45 AM						
10:00 AM	Pilates Circuit Kerry	Basic Rehab Kerry	50+ Pilates Kerry			Basic Pilates Linda
10:15 AM						
10:45 AM	Pilates Circuit Kerry					
11:00 AM						
11:30 AM						
12:00 PM				Pilates for Men Kerry		
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM		Pilates for Men Kerry				
5:15 PM				Pilates Circuit Kerry		
5:45 PM	Pilates Circuit Kerry	Pilates Circuit Kerry				
6:30 PM	Pilates Circuit Kerry	Pilates Circuit Kerry				
6:45 PM			Basic Pilates Kerry			
7:00 PM				Basic Pilates Linda		
7:15 PM	Pilates Circuit Kerry					

Class Information:	Pilates Class Costs:
<p><b>Class Information:</b></p> <p>Classes are 45 minutes in length.</p> <p>Cancellations must be made 48 hours prior to class start date for full refund.</p> <p>Make up classes not offered for missed sessions.</p>	<p>6-wk Session: \$150/members; \$210 guests *Intro Pack: \$255 (2 priv &amp; 1, 7-week session)</p> <p>*Pilates Starter Package: \$99 3-30 minute sessions</p> <p>Private and Semi-Private 1 hour Sessions also available. Contact Group Exercise Manager for details. *Intro Pack and Starter Package for members only. Can be purchased only one time.</p>
<p>*For those new to Pilates we recommend a basic class and or an introductory package.</p>	

2900 Hannah Blvd. | East Lansing | 517.364.8888 | themac.org  
 Club Hours: Mon - Fri, 5am-10pm | Sat - Sun, 7am-9pm  
 Kids Klub Hours: Mon - Thur, 8am-8:30pm | Fri, 8am-7pm | Sat, 8am-5pm | Sun, 9am-4pm

