



MARCH 2018 GROUP CLASSES

SYMMETRY
— pilates studio, llc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ask about our:  PINK RIBBON PROGRAM Post-Operative Workout Enhancing Recovery		Beyondbarre Fit Cardio-infused workout that uses classical ballet barre exercises to strengthen and develop long, lean muscles. Balls, bands and lite weights are also incorporated.		1 9 AM 6 PM 10 AM	2 6 AM 7 AM 9 AM 10 AM	3 7 AM 8 AM 9 AM 10 AM 11 AM ORIENTAION
4 8 AM MAT PILATES 9 AM	5 6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 10 AM	6 9 AM 6 PM 10 AM	7 6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM	8 9 AM 6 PM 10 AM	9 6 AM 7 AM 9 AM 10 AM	10 8 AM 9 AM 10AM
11 8 AM MAT PILATES 9 AM	12 6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM BEYOND BARRE FIT	13 9 AM 6 PM 10 AM	14 6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM	15 9 AM 6 PM 10 AM	16 6 AM 7 AM 9 AM 10 AM	17 8 AM 9 AM 10AM
18 8 AM MAT PILATES 9 AM	19 6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM BEYOND BARRE FIT	20 9 AM 6 PM 10 AM	21 6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM	22 9 AM 6 PM 10 AM	23 6 AM 9 AM 10 AM	24 8 AM 9 AM 10AM
25 8 AM MAT PILATES 9 AM	26 6 AM 4 PM 7 AM 5 PM 8 AM 6 PM CLASSICAL MAT 9 AM 6 PM 10 AM BEYOND BARRE FIT	27 9 AM 6 PM 10 AM	28 6 AM 4PM 7 AM 5 PM 9 AM 6 PM 10 AM	29 9 AM 6 PM 10 AM	30 6 AM 9 AM 10 AM	31 8 AM 9 AM 10AM
MARCH IS MAT MADNESS!	Like us on Facebook! 	Follow daily exercises on our Facebook page.	All clients new to Symmetry Pilates must attend an orientation session which is complimentary with a package purchase.	ALL GROUP CLASSES ARE SUBJECT TO CHANGE. SYMMETRY PILATES MUST BE NOTIFIED 24 HOURS IN ADVANCE OF ALL CANCELLATIONS OR CHARGES WILL BE APPLIED. PLEASE BE CONSIDERATE OF OTHERS IN YOUR GROUP AND ARRIVE ON TIME. THOSE ARRIVING AFTER THE WARM-UP WILL NOT BE PERMITTED TO JOIN A CLASS IN PROGRESS. ASK ABOUT OUR PINK RIBBON PROGRAM. CLASSES MAY BE PURCHASED AND SCHEDULED ON-LINE.		