

September Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am RIDE 60 Arnel <i>(cancelled 6th)</i>	6-7am TBC Gillian	6-7am RIDE 60 Geoff (Haley 15th)	6-7am 20/20/20 Micaela	6-7am RIDE 60 Marianna	9-30am Power Pilates Mat 101 September 11th only	9:15-10:15am RIDE 60 Maggie (Bev 12th)
6-7am Power Pilates Mat* Betsy <i>(cancelled 6th)</i>	6-7am Yoga* Susie	6-7am LIFT Marianna	6-7am Yoga* Youka	6-7am Mat / Tower Fusion* Betsy	9-10am RIDE 60 Jill (Haley 25th)	
9-9:30am STEP Louise <i>(cancelled 6th)</i>	9-10am Orizon Combat@ Micaela	9-10:30am CSI Linda / Louise	9:15-10:15am Pilates Bootcamp Louise <i>(in Group Fitness Studio)</i>	9-10am TELOS ART Arnel	9-10:15am Int./Adv. Power Yoga* Susie (4th & 18th) Lindsay (11th & 25th)	
9:35-10:15am LIFT Louise <i>(cancelled 6th)</i>	10:15-11:15am Pilates SCULPT* Louise <i>(in Group Fitness Studio)</i>	12-12:45 Ride Kim	11-11:30am Pilates Tower 101 September 9th only	10:15-11:15am Transformational Yoga* Adri <i>(Deborah 17th & 24th)</i>	9:30-10:30am Power Pilates Mat* April	
12-1pm Prana Flow Yoga@* Adri <i>(cancelled 6th)</i>	11-11:30am Pilates Reformer 101 September 7th only	12-1pm Pilates STAMINA* Louise	11-11:50 am Power Pilates Mat* Veronica <i>(in Yoga Studio)</i>	12-1pm YOGA* Deborah (Youka 10th)	10-11am Aqua Fitness cancelled for season	
12-12:45 RIDE Kurt <i>(cancelled 6th)</i>	12-1pm TELOS ART Ellen	12-1pm Bootcamp YOGA* Deborah	12-1pm Pilates Tower** Level 2 Rachael <i>Minimum 5 private sessions or 10 equipment classes required prior to attendance.</i>	12-1pm Mat / Tower Fusion* Level 2 Rachael	10:15-11:15am TBC Deena (4th & 18th) Mandy (11th & 25th)	
12-1pm Power Pilates Mat* Veronica <i>(cancelled 6th)</i>	12-1pm YOGA* Youka	6-6:45pm Ride Kim			10:30-11:30am Beg. / Int. YOGA* Susie (4th & 18th) Lindsay (11th & 25th)	
6-7:15PM Power Yoga* Ashley <i>Minimum 3 previous beg/int classes recommended (cancelled 6th)</i>	12-1pm Pilates Reformer Circuit** Level 1 Adri	6-7pm SportsNut Deena	12-1pm TELOS ART Kim		10:30-11:30am Pilates Reformer Circuit** Level 2 Rachael <i>Minimum 5 private sessions or 10 equipment classes required prior to attendance.</i>	
6-6:45pm RIDE Marianna <i>(cancelled 6th)</i>	5:45-6:45pm 20/20/20 Micaela	6-7pm Aqua Fitness cancelled for season	12-1pm YOGA* Ginger			
	5:45-6:45pm Pilates Mat / Tower Fusion* Casey	6:15-7:30pm YOGA* Meagan (Leslie 22nd)	5:45-6:45pm Pilates Mat / Tower Fusion* Sara			

* Yoga and Pilates Mat Classes: \$5 for members, \$25 for non-members.
 * TELOS Performance Memberships - admission FREE!
 ** Pilates Tower and Reformer Classes: \$15 for members, \$35 for non-members
 ** TELOS Performance Plus Membership - admission FREE!
 Studio Pass Holders - Open Admission
 (Receipts are required for ALL Mind/Body classes)

* Instructors Subject to Change without Notice.

TRY SOME OF OUR NEW CLASSES HIGHLIGHTED ON THE SCHEDULE

Aqua Fitness Cancelled for the season.

Please take note of modified Holiday schedule for Monday, Sept. 6th.

Labor Day:
 Mon. Sept 6th
 National "Free Day of Yoga"
 10-11:15am w/ Adri
 Please join us.
 Bring family and friends

All Regular Classes Cancelled

