



PILATES REFORMER

Rev. 10/17/18

Session Schedule

MON	With Liza 8:00 a.m. – 9:00 a.m.	With Hilary 9:45 a.m. – 10:45 a.m.	With Liza 12:00 p.m. – 1:00 p.m.	With Adriana 6:30 p.m. – 7:30 p.m.	With Adriana 7:30 p.m. – 8:30 p.m.
TUE	With Hilary 5:00 p.m. – 6:00 p.m.	With Hilary 6:00 p.m. – 7:00 p.m.			
WED	With Liza 12:00 p.m. – 1:00 p.m.	With Adriana 6:30 p.m. – 7:30 p.m.	With Adriana 7:30 p.m. – 8:30 p.m.		
THU	With Liza 8:00 a.m. – 9:00 a.m.	With Hilary 5:00 p.m. – 6:00 p.m.	With Hilary 6:00 p.m. – 7:00 p.m.		

Schedule a Session Today! Email Chrisi Blackman, at Christina.Blackman@Northbay.org or call (707) 624-8080.



HealthSpringFitness

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