

Element Pilates, Fitness & Wellness

Tenaflly Small Group Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Restore Reformer Haley	8:30 CardioTramp Level 2 Meryl	8:30 Reformer/Tower Challenge Level 1 Haley	8:30 Reformer Fit: Level 2 Meryl	8:30 Reformer Fit Haley
	9:30 Apparatus Circuit Haley		9:30 Restore Reformer Haley	9:30 CardioTramp Level 1 Haley
10:30 Reformer/Tower Challenge Level 1 Barbara			10:30 Essential Circuit Regina	
11:30 Apparatus Circuit Regina			11:30 Reformer/Tower Haley	
		5:30PM Essential Reformer Barbara		

Apparatus classes have a 5 participant maximum.
Prerequisite of 3 private/duet sessions before joining any group apparatus classes.

Advanced reservation required for all classes. Please call 201.406.6391 or go to www.ElementPilates.com/schedule