

Instructor:  
Linda Homer



DOWNEAST PILATES

# DOWNEAST PILATES - SESSION SCHEDULE

101 Main Street, Southwest Harbor

May 21 – July 6, 2012

6 week session (NOTE: no classes week of June 18-22)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Occasional weekend special classes. Call for schedule	<b>Advanced Intermediate Mat</b> 8:30-9:30		Private / Semi-private Instruction	<b>Advanced Intermediate Mat</b> 8:30-9:30	Private / Semi-private Instruction	
	Private / Semi-private Instruction		<b>Reformer Class*</b> 10:00-11:00	Private / Semi-private Instruction	<b>Reformer Class*</b> 10:00-11:00	<b>Beginner Mat</b> 10:00-11:00
	<b>Beginner Mat</b> 11:15-12:15		Private / Semi-private Instruction	<b>Beginner Mat</b> 11:15-12:15	<b>Tower Class*</b> 11:15-12:15	
	Private / Semi-private Instruction		<b>Intermediate Reformer Class*</b> 12:30-1:30	<b>Open 12:30-1:30</b> (call for appointment)	<b>Open 12:30-1:30</b> (call for appointment)	
	<b>Beginner Reformer Class*</b> 1:45-2:45		<b>Beginner Reformer Class*</b> 1:45-2:45	Private / Semi-private Instruction	<b>Open 1:45-2:45</b> (call for appointment)	
	<b>Open 3:00-4:00</b> (call for appointment)		<b>Open 3:00-4:00</b> (call for appointment)		<b>Open 3:00-4:00</b> (call for appointment)	
	<b>Intermediate Mat in Bar Harbor</b> 4:45-5:45 <small>(call to see if space available)</small>		<b>Open 4:30-5:30</b> (call for appointment)	<b>Beginner Mat*</b> 4:00-5:00		
				<b>Intermediate Mat in Bar Harbor</b> 5:45-6:45 <small>(call to see if space available)</small>		
	<b>Intermediate Reformer Class*</b> 6:30-7:30		<b>Beginner Mat*</b> 6:30-7:30			

NEW! Tower classes now available -- call for details & availability.

\*Drop ins: please call ahead of time to ensure space is available

**Classes in RED: Drop ins welcome! Please come a few minutes early to fill out some paperwork before class (if this is your first time working out with us this year)**

**(207) 229-3732**

[www.downeastpilates.net](http://www.downeastpilates.net)

Group classes subject to minimum enrollment.

No spot held until payment received.