



MAY ABSOLUTELY PILATES CLASS SCHEDULE

Time	Class Type	Class Level	Instructor
Monday			
8:30 am	Pilates Mixed Equipment	Level I/II	Kathy Perry
9:30 am	Pilates Mixed Equipment	All Levels	Kathy Perry
4:30 pm	Pilates Mixed Equipment	Level I/II	Liz Stevenson
5:30 pm	Pilates Mixed Equipment	Level I/II	Liz Stevenson
Tuesday			
8:10 am	Virtual Pilates w/Small Equip	All Levels	Kristen Veltkamp
9:45 am	Pilates Mixed Equipment Circuit	Level II	Kristen Veltkamp
10:45 am	Pilates Mixed Equipment	Level I/II	Kristen Veltkamp
Wednesday			
8:30 am	Pilates Reformer	All Levels	Liz Stevenson
9:30 am	Pilates Mixed Equipment	Level II	Pamela Lessenberry
Thursday			
7:30 am	Men's Pilates	All Levels	Kathy Perry
8:10 am	Virtual Pilates w/Small Equip	All Levels	Kristen Veltkamp
9:45 am	Pilates Mixed Equipment	Level II	Kristen Veltkamp
10:45 am	Pilates Mixed Equipment Circuit	Level I/II	Kristen Veltkamp
4:30 pm	Pilates Mixed Equipment	Level I/II	Kathy Perry
5:30 pm	Pilates Mixed Equipment	Level II	Kathy Perry
Friday			
8:30 am	Pilates Mixed Equipment	Level I/II	Kathy Perry
9:45 am*	Pilates Equip Flow	All Levels	Liz Stevenson
Saturday			
8:00 am	Men's Pilates	All Levels	Kathy Perry
Sunday			
	TBA*		

Kathy Perry, MS, NCPI-PMA® Studio Owner

Pamela Lessenberry NCPI-PMA®

Kristen Veltkamp, MS, PT, NCPI-PMA® Integrated Balance Education/IB Pilates Director

Liz Stevenson, Pilates Mat/Tower/Chair/Barrel

Claire Klein, MS, PT Mat/Reformer Pilates Certified Instructor