

February Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00pm Mat I/II (Ingrid) 7:15pm MEDITATION with Jill Foltz	2 9:15am Reformer I/II (Lisa) 7:30pm FUSION! of Pilates and yoga Guest Instructor Lori Saitta	3	4 8:00am Reformer II 9:15am Mat I/II 10:30am Pilates Fundamentals (Ingrid)
6 5:30pm Mat I/II (Sheila) 6:30pm Reformer I (Sheila)	7 5:30pm Reformer I/II (Lisa) 7:05pm Muscle-ates (Ingrid)	8 6:00pm Mat I/II (Sheila) 7:15pm Pilates Fundamentals (Ingrid)	9 9:15am Reformer I/II (Lisa) 6:00pm Reformer I/II (Ingrid) 7:05pm Mat II (Ingrid)	10	11 8:00am Reformer II 9:15am Mat I/II (Lisa)
13 5:30pm Mat I/II (Sheila) 6:30pm Reformer I (Sheila)	14 5:30pm Reformer I/II (Lisa) 7:05pm Muscle-ates (Ingrid)	15 6:00pm Mat I/II (Sheila) 7:15pm Foot Workshop 	16 9:15am Reformer I/II (Lisa) 6:00pm Reformer I/II (Ingrid) 7:05pm Mat II (Ingrid)	17	18 8:00am Reformer II 9:15am Mat I/II 10:30am Pilates Fundamentals (Ingrid)
20 5:30pm Mat I/II (Sheila) 6:30pm Reformer I (Sheila)	21 5:30pm Reformer I/II (Lisa) 7:05pm Muscle-ates (Ingrid)	22 6:00pm Mat I/II (Sheila) 7:15pm Pilates Fundamentals (Ingrid)	23 9:15am Reformer I/II (Lisa) 6:00pm Reformer I/II (Ingrid) 7:05pm Mat II (Ingrid)	24	25 8:00am Reformer II 9:15am Mat I/II (Lisa)
27 5:30pm Mat I/II (Sheila) 6:30pm Reformer I (Sheila)	28 5:30pm Reformer I/II (Lisa) 7:05pm Muscle-ates (Ingrid)	29 6:00pm Mat I/II (Sheila)			

Reserve your spot in any of our classes via email (Ingrid.ThePilatesPlace@gmail.com) phone/text (215-219-6378) or in person at the studio

☐ Cancellations must be made 12 hours prior to class. [Late cancellations or missed appointments will be charged to class card.](#)