

Group Classes and Coaches

CHAGRIN 440.247.1815

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM T.M. 8:00 AM R.N.	8:00 AM T.M. 9:00 AM C.M.	7:00 AM C.M. 9:00 AM C. M.	7:00 AM C.M. 8:00 AM C.M. 9:00 AM C.M. 10:00 AM C.M.	8:00 AM R.N. 9:00 AM R.N. 10:00 AM R.N.	8:00 AM C.M. 9:00 AM C.M. 10:00 AM C.M.
10:00 AM R.N. 11:00 AM T.M.	10:00 AM C.M. 11:00 AM C.M.				
	5:00 PM C.M. 6:00 PM C.M.		5:00 PM R.N. 6:00 PM R.N.		

CLEVELAND HTS. 216.229.3232

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM C.M. 8:00 AM C.M.	8:00 AM R.N. 9:00 AM R.N.	7:00 AM E.J. 8:00 AM E.J. 9:00 AM E.J.	8:00 AM R.N. 9:00 AM R.N. 10:00 AM T.M.	7:00 AM T.M. 8:00 AM E.J. 9:00 AM T. M. 10:00 AM T.M. 11:00 AM T.M.	8:00 AM V.L. 9:00 AM V.L. 12:00 PM V.L.
10:00 AM C.M.	10:00 AM R.N. 11:00 AM R.N.	B 11:00 AM D.G.			
5:00 PM C.H. 6:00 PM C.H.	5:00 PM D.G. 6:00 PM D.G.	5:00 PM V.L. 6:00 PM V.L. 7:00 PM V.L.	5:00 PM C.H. 6:00 PM C.H.		

LAKEWOOD 216.221.9998

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM V.L.			7:00 AM V.L.		R.N. 8:00 AM
9:00 AM V.L.		9:00 AM R.N. 10:00 AM R.N.	9:00 AM V.L.		10:00 AM
11:00 AM V.L.					
5:00 PM T.M.	6:00 PM T.M.	5:00 PM L.M. 6:00 PM L.M.	6:00 PM T.M.	5:00 PM L.M. 6:00 PM L.M.	
7:00 PM T.M.		7:00 PM L.M.			

Debbi Glossermam D.G.
Christine Huff C.H.
Elsa Johnson E.J.
Victor Lucas V.L.
Linda Manke L.M.
Connie May C.M.
Troy McCarty T.M.
Raudel Napoles R.N.

PILATES at White Cloud Studios

3 Studios fully equipped
 All Certified Instructors
 Clean & Healthy environment

Groups
 10 Group Sessions @ \$221.00
 20 Group Sessions @ \$418.00
 Maximum 6 people in Class
Duets
 10 Duets sessions @ 330.00 each person
Privates
 1 private session @ \$50.00
 5 private sessions @ \$235.00
 10 private sessions @ \$450.00
 15 private sessions @ \$645.00

Sessions are 55 minutes long.

*****GIFT CERTIFICATE AVAILABLE*****

Benefits: Core Endurance, Posture Correction, Elongation & Strength, Regain Balance, Improve Coordination

Who: No matter what Age, Size, Physical Condition or Past Injuries we all will benefit from it.

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