

# PROJECT PILATES SCHEDULE UPDATED MAY 2019

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>REFORMER PLUS</b> OPEN LEVEL 6:00-6:55AM W/HANH	<b>PILATES MAT</b> OPEN LEVEL 6-6:55AM W/BRENDA	<b>REFORMER PLUS</b> OPEN LEVEL 6:00-6:55AM W/BRENDA	<b>REFORMER PLUS</b> OPEN LEVEL 6:00-6:55AM W/CHRISTINA	<b>REFORMER PLUS</b> OPEN LEVEL 6:00-6:55AM W/BRENDA	<b>REFORMER PLUS</b> BEG/INT 8:00-8:55AM W/BRENDA	<b>REFORMER PLUS</b> BEGINNER 7-7:55AM STARTS 5/5/19
<b>REFORMER PLUS</b> OPEN LEVEL 7-7:55AM W/HANH	<b>REFORMER PLUS</b> BEG/INT 7-7:55AM W/CHRISTINA	<b>REFORMER PLUS</b> BEG/INT 7-7:55AM W/BRENDA	<b>PILATES MAT</b> OPEN LEVEL 7-7:55AM W/CHRISTINA	<b>REFORMER PLUS</b> OPEN LEVEL 7-7:55AM W/BRENDA	<b>EQUIPMENT CIRCUIT</b> INTERMEDIATE 9-9:55AM W/HANH	<b>REFORMER PLUS</b> BEGINNER 8:00-8:55AM STARTS 5/5/19
<b>PILATES MAT</b> OPEN LEVEL 9-9:55AM W/HANH	<b>REFORMER</b> BEGINNER 8-8:55AM W/CHRISTINA	<b>MIXED EQUIPMENT</b> OPEN LEVEL 8-8:55AM W/HANH	<b>REFORMER</b> OPEN LEVEL 8:05-9:00AM W/CHRISTINA	<b>MIXED EQUIPMENT</b> OPEN LEVEL 9-9:55AM W/SHIRA	<b>STRETCH &amp; RELEASE</b> OPEN LEVEL 10:00-10:55AM W/BRENDA	<b>REFORMER</b> BEG/INT 9-9:55AM W/KATELYNN
<b>REFORMER PLUS</b> BEG/INT 9-9:55AM W/CHRISTIE	<b>REFORMER</b> BEG/INT 9-9:55AM W/HANH	<b>REFORMER PLUS</b> BEG/INT 9-9:55AM W/CHRISTIE	<b>REFORMER</b> INTERMEDIATE 9:05-10:00AM W/HANH	<b>PILATES MAT FUSION</b> OPEN LEVEL 10:05-11:00AM W/SHIRA	<b>TOWER</b> BEG/INT 10-10:55AM W/HANH	<b>REFORMER</b> BEG/INT 10-10:55AM W/KATELYNN
<b>TOWER</b> BEGINNER 10:05-11:00AM W/HANH	<b>STRENGTH &amp; LENGTH</b> OPEN LEVEL 10:05-11:00AM W/HANH	<b>PILATES MAT</b> OPEN LEVEL 9-9:55AM w/Hanh	<b>BUILDING BONES MIXED EQUIP</b> BEG/INT 10:05-11:00AM W/HANH	<b>MIXED EQUIPMENT</b> OPEN LEVEL 10:00-10:55AM W/HANH	<b>REFORMER</b> OPEN LEVEL 11:00-11:55AM W/BRENDA	<b>JUMPBOARD &amp; MIXED</b> OPEN LEVEL 11-11:55AM W/SHAUNA
<b>MIXED EQUIPMENT</b> OPEN LEVEL 11:05-12:00PM W/HANH	<b>REFORMER PLUS</b> OPEN LEVEL 10:05-11:00AM W/CHRISTIE	<b>REFORMER</b> BEGINNER 10:05-11:00AM W/HANH	<b>STRETCH &amp; RELEASE</b> OPEN LEVEL 11:05-12:00PM W/HANH	<b>REFORMER</b> OPEN LEVEL 11:05-12:00PM W/SHIRA	<b>PILATES MAT</b> OPEN LEVEL 11:05-12:00PM W/HANH	<b>PILATES MAT FUSION</b> OPEN LEVEL 12:05-1:00PM W/SHAUNA
<b>POST NATAL</b> OPEN LEVEL 12:05-1:00PM W/HANH	<b>REFORMER PLUS</b> BEGINNER 11:05-12:00PM W/HANH	<b>REFORMER PLUS</b> OPEN LEVEL 11:05-12:00PM W/HANH	<b>REFORMER PLUS</b> OPEN LEVEL 11:05-12:00PM W/CHRISTIE	<b>REFORMER PLUS</b> BEGINNER 12:05-1:00PM W/HANH	<b>REFORMER</b> BEGINNER 12:05-1:00PM W/HANH	<b>REFORMER PLUS</b> OPEN LEVEL 1:05-2:00PM W/SHAUNA
<b>STRENGTH &amp; LENGTH</b> OPEN LEVEL 6-6:55PM W/ERIN	<b>REFORMER PLUS</b> BEG/INT 6:00-6:55PM W/BRENDA	<b>REFORMER</b> OPEN LEVEL 1-1:55PM W/SHAUNA	<b>REFORMER</b> BEGINNER 6:00-6:55PM W/ERIN		<b>REFORMER PLUS</b> OPEN LEVEL 1:05-2:00PM W/BRENDA	
<b>REFORMER PLUS</b> BEGINNER 6:00-6:55PM W/DORELA	<b>REFORMER PLUS</b> BEG/INT 7:00-7:55PM W/BRENDA	<b>PILATES MAT</b> OPEN LEVEL W/SHAUNA	<b>REFORMER PLUS</b> BEGINNER 7:00-7:55PM W/ERIN		<b>REFORMER PLUS</b> OPEN LEVEL 2:05-3:00PM W/BRENDA	
<b>ABS &amp; GLUTES</b> OPEN LEVEL 7-7:55PM W/ERIN	<b>REFORMER PLUS</b> OPEN LEVEL 8:00-8:55PM W/BRENDA	<b>REFORMER PLUS</b> BEG/INT 6:05-7:00PM W/DORELA	<b>REFORMER PLUS</b> BEG/INT 8:00-8:55PM W/ERIN			
<b>MIXED EQUIPMENT</b> OPEN LEVEL 7:05-8:00PM W/DORELA		<b>REFORMER PLUS</b> OPEN LEVEL 7:05-8:00PM W/SHAUNA				
<b>REFORMER</b> BEGINNER 8:05-9:00PM W/BRENDA		<b>REFORMER PLUS</b> BEGINNER 8:05-9:00PM W/DORELA				



PP EQUIPMENT MEMBERSHIPS	
ENROLLMENT FEE	\$29 + TAX
1 MONTH UNLIMITED	\$210 + TAX
3 MONTHS UNLIMITED	\$195 + TAX (MONTH)
6 MONTHS UNLIMITED	\$175 + TAX (MONTH)

HHF MEMBERS (AND PROJECT PILATES MEMBERS) MAT CLASSES INCLUDED W/MEMBERSHIP	
SINGLE EQUIPMENT CLASS	\$30
5-PACK EQUIPMENT CLASS	\$130
10-PACK EQUIPMENT CLASS	\$250

NON-MEMBERS	
SINGLE MAT CLASS	\$30
SINGLE EQUIPMENT CLASS	\$35
5-PACK EQUIPMENT CLASSES	\$155
10-PACK EQUIPMENT CLASSES	\$300

201-432-5849  
201- HEALTHY  
231 PAVONIA AVE.  
JERSEY CITY, NJ 07302

PROJECTPILATES.COM  
HAMILTONHEALTHFITNESS.COM

STUDIO POLICIES	
<b>*MAT CLASSES</b> ARE DESIGNATED IN WHITE	
*CLASSES ARE INCLUDED IN HHF MEMBERSHIPS AND PASSES	
*CLASSES ARE HELD AT HHF	
<b>*EQUIPMENT CLASSES</b> ARE DESIGNATED IN BLUE.	
*EQUIPMENT CLASSES MAY BE CANCELLED IF FEWER THAN 2 PEOPLE ARE ENROLLED.	
*BOTH RESERVATION & PAYMENT ARE REQUIRED FOR ALL PILATES EQUIPMENT CLASSES.	
*LEVEL ASSESSMENT REQUIRED FOR ALL FIRST-TIME EQUIPMENT CLASS REGISTRATIONS.	
*24-HOUR CANCELLATION POLICY APPLIES TO ALL EQUIPMENT CLASSES, INCLUDING UNLIMITED MEMBERSHIPS.	