

City Park Fitness Center

PILATES SCHEDULE



Reformer classes- To ensure safety and effectiveness, completion of private or semi-private sessions with a Westminster Pilates Trainer is required prior to participating in group classes. Please note, several sessions are often required to ensure readiness for group classes. Completion of a City of Westminster Pilates Reformer 101 class is also accepted as readiness for group classes. If you are cleared to take Pilates Reformer group classes and you would like to register for a class please call 303-460-9691.

Pilates Chair and Mat classes will be on a reservation basis with capacity limits for each class. Specialty Fitness classes are included with your SilverSneakers, Renew Active, and City of Westminster passes. Non-pass holders will be required to pay a fee at the time of reservation.

All classes listed are subject to change or cancellation at any time.
 • = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Pilates Chair • Monica 5:45-6:45 a.m.	
Reformer • Trudi 7:30-8:30 a.m.		Reformer • Trudi 7:30-8:30 a.m.		
	Reformer • Tara 8:30-9:30 a.m.	Reformer • Tara 9-10 a.m.	Reformer • Tara 8:30-9:30 a.m.	Reformer • Joanna 9-10 a.m.
Reformer Restorative • Trudi 10:15-11:15 a.m.				Reformer Restorative • Joanna 10:15 a.m.-11:15 p.m.
		Pilates Reformer 101 • Trudi 11:45 a.m.-12:45 p.m.	Pilates Mat • Monica 11:15 a.m.-12:15 p.m.	
	Reformer • Trudi 12:30-1:30 p.m.		Reformer • Debbie 12:30-1:30 p.m.	
Pilates Basic Chair • Trudi 1:15-2:15 p.m.		Pilates Basic Mat • Debbie 1:15-2:15 p.m.		
	Pilates Chair • Trudi 3:15-4:15 p.m. Pilates Mat • Trudi 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	

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