

Andi Hibbert Personal Pilates Precision Training & Classes

"Balanced 4 Fitness Studio"

Small group classes 6-10 persons

Pilates Mat 1	Thursday	4:00-5:00 PM
Pilates MVe Chair	Tuesday	4:45-5:45 PM
Pilates Tower	Wednesday	4:00-5:00 PM
Bosu Total Body	Thursday	5:30-6:30 PM
Spinning	Tuesday & Thursday	7:00-8:00 AM
Spin Fit	Monday	10-11 AM



"Life Center" Orleans
47 Main Street

Pilates Total Body	Tuesday & Thursday	9:45-11:00 AM
Seated Shape Up	Wednesday	10:30-11:15 AM



"Universal Lodge" 107 Main St. Orleans
Pilates Mat 1 Tuesday 6-7 PM

"Nauset Community Ed" 508-255-4300 to register
Complete Body Conditioning Mon. & Wed. 5:45-6:45 PM

Pilates MVe Chair Friday 9-10 AM



Gentle Guided Stretch Mon. & Wed. 7:15-8:00 PM

"Woodlands Fitness Center" Brewster
Pilates Tuesday & Thursday 11:30-12:30

Saturday 8:30-9:30 AM

