

PCH Pilates & Yoga Class Schedule

*One month unlimited yoga \$49 &
One week unlimited Pilates reformer \$59*

New Members only who reside in Orange County

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30, 8:30 & 9:30am Pilates Reformer Class (Appt. Needed)	7:30am Vinyasa Yoga Flow w/ Anthony	7:30, 8:30 & 9:30am Pilates Reformer Class (Appt. Needed)	*Call for Pilates Reformer Class Times	7:30, 8:30 & 9:30 Pilates Reformer Class (Appt. Needed)	8:30am Vinyasa Yoga Flow w/ Emily	Call for Appt.
*Call for Yoga & Pilates Reformer Times	*Call for Pilates Reformer Class Times	Noon Pilates Mat w/ Tianna		Noon Pilates Yoga Sculpt w/ Tianna	*Call for Pilates Reformer Class Times	
	6pm Vinyasa Yoga Flow w/ Nikki	*Call for Yoga & Pilates Reformer Times	6pm Vinyasa Yoga Flow w/ Nikki	*Call for Yoga & Pilates Reformer Times	Noon Vinyasa Yoga Flow w/ Tianna	

Coming Soon: Cardio Class & Barre Sculpt Class

Vinyasa Flow- Steady flow of connected yoga postures linked with breath work in a continuous movement.

Pilates Mat- Focusing on strength, precision & flow by going through a series of exercises. Various props may be used to intensify the workout.

Pilates Yoga Sculpt- A total body workout using weights while flowing through pilates and yoga movements to tone and sculpt.

Single class \$15 or 10 classes for \$130 or 20 classes for \$200

Pilates Reformer Class- Unlike any other form of exercise, you will get a full body workout! (2-4 students per class) **Single class \$40 or 10 classes for \$360**

***Refer a Friend!** If you refer a friend who purchases a series of classes, you will receive a class for FREE!

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