



FORM II Studio

February 2012

The schedule for February begins Wednesday, February 1st.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:10am-8:55am Pilates* Susan Helms	8:55am-9:55am Core Power Yoga** Abbi Pollyea			8:15am-9:00am Insane Abs Susan Helms		
9:00am-10:00am The Barre Effect* Stacy LaBre \$5 M/\$7 M	10:00am-11:00am The Barre Effect* Abbi Pollyea \$5 M/\$7 M	9:00am-10:00am The Barre Effect* Cathy Roe \$5 M/\$7 M	10:00am-11:00am The Barre Effect* Abbi Pollyea \$5 M/\$7 M	9:00am-10:00am The Dance Class* <i>Abbi Pollyea</i> <i>"Marry The Night"</i>	9:00am-10:00am The Barre Effect* Instructors Rotate \$5 M/\$7 M	
10:05am-11:05am Pilates* Abbi Pollyea	11:15am-12:15pm Hatha Yoga* <i>Jamie Robinson</i>	10:05am-11:05am Pilates* Susan Helms	11:15am-12:15pm Hatha Yoga* <i>Jamie Robinson</i>	10:05am-11:05am Core Power Yoga* Abbi Pollyea	10:00am-11:00am Vinyasa Flow Yoga* Instructors Rotate	
		4:15pm-5:15pm The Barre Effect* Helene Shafer \$5 M/\$7 M				
5:30pm-6:30pm Pilates* Latasha Flint	6:00pm-7:00pm The Barre Effect* Abbi Pollyea \$5 M/\$7 M	5:30pm-6:30pm Pilates* Susan Helms	6:00pm-7:00pm The Barre Effect* Stacy LaBre \$5 M/\$7 M			
6:35pm-7:35pm Vinyasa Flow Yoga* Latasha Flint			7:05pm-8:05pm Heated Vinyasa Flow * Stacy Labre			

Non-Members of Ice are welcome to attend classes at FORM. Please inquire at the front desk for pricing options.

For Barre Effect, there is an option to purchase more than one class at a discounted price, or inquire about ICE's VIP membership program.

Sign ups for Barre are Necessary due to spacing. Sign ups begin Fridays @ 9 am for the following week. Call or come in to sign up.

*Class level appropriate for beginner and beyond **Class level appropriate for Intermediate practitioners and beyond

See reverse side of schedule for class description.