



FORM II Schedule MAY 2012

The schedule for May begins Tuesday, May 1st. SPECIAL DISCOUNT FOR MAY! 15% OFF OF ALL REFORMER PACKAGES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:10am-8:55am Pilates* Susan Helms	9:00am-10:00am The Barre Effect* Stacy LaBre \$5 M/\$7 M		9:00am-10:00am The Barre Effect* Abbi Pollyea \$5 M/\$7 M	8:10am-8:55am Insane Abs Susan Helms		
9:00am-10:00am The Barre Effect* Stacy LaBre \$5 M/\$7 M	10:05am-11:05am The Barre Effect* Abbi Pollyea \$5 M/\$7 M	9:00am-10:00am The Barre Effect* Cathy Roe \$5 M/\$7 M	10:05am-11:05am The Barre Effect* Brooke Curry \$5 M/\$7 M	9:00am-10:00am The Barre Effect* Helene Shafer \$5 M/\$7 M	9:00am-10:00am The Barre Effect* Brooke Curry \$5 M/\$7 M	
10:05am-11:05am Pilates* Abbi Pollyea	11:15am-12:15pm Hatha Yoga* Jamie Robinson	10:05am-11:05am Pilates* Susan Helms	11:15am-12:15pm Hatha Yoga* Jamie Robinson	10:05am-11:05am Dynamic Stretching- Vinyasa Yoga* Brooke Curry	10:05am-11:05am The Barre Effect* Brooke Curry \$5 M/\$7 M	
5:30pm-6:30pm Pilates* Susan Helms	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* Pat Dole		6:35pm-7:35pm Heated Vinyasa Flow* Helene Shafer	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.