



Pilates Plus
 "Because you can"

Pilates Plus
 1010 NE Broadway
 Vancouver, WA
 98660

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(360) 574-7800

PILATES PLUS

BOOK CLASSES ONLINE

■ CLASS SCHEDULE

ABOUT OUR CLASSES

COMMUNITY + EVENTS

INSTRUCTORS

CONTACT + MAP

Class Schedule



Read [About Our Classes](#) for details and pricing. All classes require pre-registration by phone (360) 574-7800 or [on-line sign up](#). Classes are subject to change...

All classes last one hour unless otherwise noted. [View Printable Schedule](#) (PDF)

KEY: Reformer / Equipment Classes | [Mat Classes](#) | [Quick Starts](#) | [Specialty Focus Classes](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	BEG/INT REFORMER Shanel				BEG/INT REFORMER Shanel	
6:30 am		BEG/INT REFORMER Lynda			BEG/INT REFORMER Lynda	
7:00 am						
7:30 am					BEG/INT REFORMER Kim	REFORMER PLUS EQUIPMENT CIRCUIT Shanel

8:00 am	BEG/INT REFORMER Shanel					
9:00 am					ESSENTIAL REFORMER PLUS Shanel	
9:30 am		INT/ADV REFORMER Lynda		INT/ADV REFORMER Lynda		
10:00 am	GENTLE MAT & PILATES FLOW Shanel		10:15 INT/ADV REFORMER Shanel		10:15 ADV REFORMER Shanel	
10:30 am		REFORMER PLUS EQUIPMENT CIRCUIT Shanel				
11:00 am			11:15 PILATES for PARKINSONS and SPECIAL POPULATIONS Shanel		11:15 PILATES for PARKINSONS and SPECIAL POPULATIONS Shanel	
12:00 pm	INT/ADV REFORMER Shanel					
12:30 pm		Mat and Equipment Essentials (MEE) Shanel				
1:00 pm		Prenatal Class starting 9/22/09 for six weeks Andy		Prenatal Class starting 9/22/09 for six weeks Andy		

4:00 pm				Rehab or Cancer Specialty Class Laura E		
5:00 pm		5:15 YOGA Coming Soon!		5:15 REFORMER PLUS Laura E		
5:30 pm						
6:00 pm				Pilates for Breast Cancer Survivors Laura E		
6:30 pm	BEG/INT MAT Jill		BEG/INT MAT Jill	Fourth Thursday of every month: FREE PILATES NIGHT FOR BREAST CANCER SURVIVORS, their friends and family.		

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