

# PROJECT PILATES SCHEDULE UPDATED JULY 2019

| MON  | TUES   | WED   | THURS   | FRI  | SAT   | SUN  |
|--|--|---|---|--|---|--|
| <b>REFORMER PLUS</b><br>OPEN LEVEL<br>6:00-6:55AM<br>W/HANH              | <b>PILATES MAT</b><br>OPEN LEVEL<br>6-6:55AM<br>W/BRENDA               | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>6:00-6:55AM<br>W/BRENDA       | <b>REFORMER PLUS</b><br><b>BEG/INT</b><br>6:00-6:55AM<br>W/CHRISTINA              | <b>REFORMER PLUS</b><br><b>INTERMEDIATE</b><br>6:00-6:55AM<br>W/BRENDA | <b>REFORMER PLUS</b><br>BEG/INT<br>8:00-8:55AM<br>W/BRENDA              | <b>REFORMER PLUS</b><br>BEGINNER<br>7-7:55AM<br>STARTS 5/5/19        |
| <b>REFORMER PLUS</b><br>OPEN LEVEL<br>7-7:55AM<br>W/HANH                 | <b>REFORMER PLUS</b><br>BEG/INT<br>7-7:55AM<br>W/HANH                  | <b>REFORMER PLUS</b><br><b>INTERMEDIATE</b><br>7-7:55AM<br>W/BRENDA | <b>PILATES MAT</b><br>OPEN LEVEL<br>7-7:55AM<br>W/CHRISTINA                       | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>7-7:55AM<br>W/BRENDA             | <b>EQUIPMENT CIRCUIT</b><br>INTERMEDIATE<br>9-9:55AM<br>W/HANH          | <b>REFORMER PLUS</b><br>BEGINNER<br>8:00-8:55AM<br>STARTS 5/5/19     |
| <b>PILATES MAT</b><br>OPEN LEVEL<br>9-9:55AM<br>W/HANH                   | <b>REFORMER</b><br>BEGINNER<br>8-8:55AM<br>W/HANH                      | <b>MIXED EQUIPMENT</b><br>OPEN LEVEL<br>8-8:55AM<br>W/HANH          | <b>REFORMER</b><br>OPEN LEVEL<br>8:05-9:00AM<br>W/CHRISTINA                       | <b>MIXED EQUIPMENT</b><br>OPEN LEVEL<br>9-9:55AM<br>W/SHIRA            | <b>STRETCH &amp; RELEASE</b><br>OPEN LEVEL<br>10:00-10:55AM<br>W/BRENDA | <b>REFORMER</b><br>BEG/INT<br>9-9:55AM<br>W/KATELYNN                 |
| <b>REFORMER PLUS</b><br>BEG/INT<br>9-9:55AM<br>W/CHRISTIE                | <b>EQUIPMENT CIRCUIT</b><br><b>INTERMEDIATE</b><br>9-9:55AM<br>W/HANH  | <b>REFORMER PLUS</b><br>BEG/INT<br>9-9:55AM<br>W/CHRISTIE           | <b>REFORMER</b><br>INTERMEDIATE<br>9:05-10:00AM<br>W/HANH                         | <b>PILATES MAT FUSION</b><br>OPEN LEVEL<br>10:05-11:00AM<br>W/SHIRA    | <b>TOWER</b><br>BEG/INT<br>10-10:55AM<br>W/HANH                         | <b>REFORMER</b><br><b>INTERMEDIATE</b><br>10-10:55AM<br>W/KATELYNN   |
| <b>TOWER</b><br>BEGINNER<br>10:05-11:00AM<br>W/HANH                      | <b>STRETCH &amp; RELEASE</b><br>OPEN LEVEL<br>10:05-11:00AM<br>W/HANH  | <b>PILATES MAT</b><br>OPEN LEVEL<br>9-9:55AM<br>w/Hanh              | <b>EQUIPMENT CIRCUIT</b><br><b>INTERMEDIATE</b><br>10:05-11:00AM<br><b>W/HANH</b> | <b>MIXED EQUIPMENT</b><br>OPEN LEVEL<br>10:00-10:55AM<br>W/HANH        | <b>REFORMER</b><br>OPEN LEVEL<br>11:00-11:55AM<br>W/BRENDA              | <b>JUMPBOARD &amp; MIXED</b><br>OPEN LEVEL<br>11-11:55AM<br>W/SHAUNA |
| <b>MIXED EQUIPMENT</b><br>OPEN LEVEL<br>11:05-12:00PM<br>W/HANH          | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>10:05-11:00AM<br>W/CHRISTIE      | <b>REFORMER</b><br>BEGINNER<br>10:05-11:00AM<br>W/HANH              | <b>REFORMER PLUS</b><br>BEG/INT<br>11:05-12:00PM<br>W/HANH                        | <b>REFORMER</b><br>OPEN LEVEL<br>11:05-12:00PM<br>W/SHIRA              | <b>PILATES MAT</b><br>OPEN LEVEL<br>11:05-12:00PM<br>W/HANH             | <b>PILATES MAT FUSION</b><br>OPEN LEVEL<br>12:05-1:00PM<br>W/SHAUNA  |
| <b>POST NATAL</b><br>OPEN LEVEL<br><b>Break for Summer</b><br>W/HANH     | <b>REFORMER PLUS</b><br>BEGINNER<br>11:05-12:00PM<br>W/HANH            | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>11:05-12:00PM<br>W/HANH       | <b>REFORMER</b><br>BEGINNER<br>6:00-6:55PM<br>W/ERIN                              | <b>REFORMER PLUS</b><br>BEGINNER<br>12:05-1:00PM<br>W/HANH             | <b>REFORMER</b><br>BEGINNER<br>12:05-1:00PM<br>W/HANH                   | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>1:05-2:00PM<br>W/SHAUNA        |
| <b>STRENGTH &amp; LENGTH</b><br>OPEN LEVEL<br>6-6:55PM<br>W/ERIN         | <b>REFORMER PLUS</b><br>BEG/INT<br>6:00-6:55PM<br>W/BRENDA             | <b>REFORMER</b><br>OPEN LEVEL<br>1-1:55PM<br>W/SHAUNA               | <b>REFORMER PLUS</b><br><b>BEG/INT</b><br>7:00-7:55PM<br>W/ERIN                   |  |   |  |
| <b>REFORMER PLUS</b><br>BEGINNER<br>6:00-6:55PM<br>W/DORELA              | <b>REFORMER PLUS</b><br><b>INTERMEDIATE</b><br>7:00-7:55PM<br>W/BRENDA | <b>PILATES MAT</b><br>OPEN LEVEL<br>6-6:55PM<br>W/SHAUNA            | <b>REFORMER PLUS</b><br><b>INTERMEDIATE</b><br>8:00-8:55PM<br>W/ERIN              |  |   |  |
| <b>ABS &amp; GLUTES</b><br>OPEN LEVEL<br>7-7:55PM<br>W/ERIN              | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>8:00-8:55PM<br>W/BRENDA          | <b>REFORMER PLUS</b><br>BEG/INT<br>6:05-7:00PM<br>W/DORELA          |   |  | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>1:05-2:00PM<br>W/BRENDA           |  |
| <b>MIXED EQUIPMENT</b><br><b>INTERMEDIATE</b><br>7:05-8:00PM<br>W/DORELA |  | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>7:05-8:00PM<br>W/SHAUNA       |   |  | <b>REFORMER PLUS</b><br>OPEN LEVEL<br>2:05-3:00PM<br>W/BRENDA           |  |
| <b>REFORMER</b><br>BEGINNER<br>8:05-9:00PM<br>W/BRENDA                   |  | <b>REFORMER PLUS</b><br>BEGINNER<br>8:05-9:00PM<br>W/DORELA         |   |  |   |  |



## PP EQUIPMENT MEMBERSHIPS

|                    |                     |
|--------------------|---------------------|
| ENROLLMENT FEE     | \$29 + TAX          |
| 1 MONTH UNLIMITED  | \$210 + TAX         |
| 3 MONTHS UNLIMITED | \$195 + TAX (MONTH) |
| 6 MONTHS UNLIMITED | \$175 + TAX (MONTH) |

## HMF MEMBERS

(AND PROJECT PILATES MEMBERS)  
MAT CLASSES INCLUDED W/MEMBERSHIP

|                         |       |
|-------------------------|-------|
| SINGLE EQUIPMENT CLASS  | \$30  |
| 5-PACK EQUIPMENT CLASS  | \$130 |
| 10-PACK EQUIPMENT CLASS | \$250 |

## NON-MEMBERS

|                           |       |
|---------------------------|-------|
| SINGLE MAT CLASS          | \$30  |
| SINGLE EQUIPMENT CLASS    | \$35  |
| 5-PACK EQUIPMENT CLASSES  | \$155 |
| 10-PACK EQUIPMENT CLASSES | \$300 |

**CLASS  
CHANGES  
&  
UPDATES  
ARE IN  
RED**  
EFFECTIVE 7/1/19

201-432-5849  
201- HEALTHY  
231 PAVONIA AVE.  
JERSEY CITY, NJ 07302

PROJECTPILATES.COM  
HAMILTONHEALTHFITNESS.COM

## STUDIO POLICIES

**\*MAT CLASSES** ARE DESIGNATED IN WHITE

- \*CLASSES ARE INCLUDED IN HMF MEMBERSHIPS AND PASSES
- \*CLASSES ARE HELD AT HMF

**\*EQUIPMENT CLASSES** ARE DESIGNATED IN BLUE.

- \*EQUIPMENT CLASSES MAY BE CANCELLED IF FEWER THAN 2 PEOPLE ARE ENROLLED.
- \*BOTH RESERVATION & PAYMENT ARE REQUIRED FOR ALL PILATES EQUIPMENT CLASSES.
- \*LEVEL ASSESSMENT REQUIRED FOR ALL FIRST-TIME EQUIPMENT CLASS REGISTRATIONS.
- \*24-HOUR CANCELLATION POLICY APPLIES TO ALL EQUIPMENT CLASSES, INCLUDING UNLIMITED MEMBERSHIPS.