

Instructor:  
**Linda Homer**



**DOWNEAST PILATES**  
**(207) 229-3732**

## DOWNEAST PILATES

101 Main Street. Southwest Harbor

**SEPTEMBER 6 – OCTOBER 1, 2010**  
**4 WEEK SESSION**

Time	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 AM</b> to 9:30 AM	<b>Advanced Intermediate Mat</b>			<b>Advanced Intermediate Mat</b>		<b>Occasional Saturday morning specialized classes. Call for schedule</b>
<b>9:45 AM</b> to 10:45 AM			<b>Beginner Mat</b>		<b>Beginner Mat</b>	
<b>11:30 AM</b> to 12:30 PM	<b>Intermediate Mat</b>			<b>Intermediate Mat</b>		
<b>12:45 PM</b> to 1:45 AM						
<b>2:00 PM</b> to 3:00 PM						
<b>3:30 PM</b> to 4:30 PM	<b>Beginner Mat</b>		<b>Beginner Reformer Class</b>	<b>Beginner Mat</b>		
<b>5:15 PM</b> to 6:15 PM	<b>Intermediate Mat in Bar Harbor</b>			<b>Intermediate Mat in Bar Harbor</b>		
<b>7:15 PM</b> to 8:15 PM	<i>(call to see if space available)</i>		<b>Reformer Class</b>	<i>(call to see if space available)</i>		

**NEW! Reformer classes now available. Call for details.**

**Drop ins: please come a few minutes early to fill out some paperwork before class  
(if this is your first time working out with us this year)**

Group mat classes subject to minimum enrollment.  
No spot held until payment received.