

Purely PILATES studio

Truly unique to any other fitness studio in the area, we focus on creating an environment where the journey to whole body health and fitness leads us to being Happy, Healthy, and truly Alive!

Balancing both theoretical knowledge and practical study our elite instructors have the training and experience in working with all fitness levels. We take the time to assess each and every clients goals and together make a plan to achieve them. Try your first class for free and we will exceed your expectations! See you at the studio...



MONDAY

6:00 am	Circuit	Tess Zinio
7:00am	Kickboxing	Natalie Garcia
8:30 am	Reformer	Tess Zinio
9:00 am	Pre/Post Natal	Natalie Garcia
9:30am	Reformer	Tess Zinio
10:30am	Reformer	Tess Zinio
3:30pm	Reformer	Allison Swanson
4:30pm	Reformer	Natalie Garcia
4:30pm	Chair	Allison Swanson
5:30pm	Circuit	Natalie Garcia
5:30pm	Pre/Post Natal	Crystel Durocher

WEDNESDAY

6:00am	Kickboxing	Tess Zinio
6:00am	Reformer	Emily Long
8:30am	Reformer	Tess Zinio
9:00am	Pre/Post Natal	Natalie Garcia
9:30am	Chair	Emily Long
10:30am	Reformer	Tess Zinio
3:30pm	Reformer	Allison Swanson
4:30pm	Circuit	Allison Swanson
4:30pm	Reformer	Natalie Garcia
5:30pm	Pre/Post Natal	Crystel Durocher
5:30pm	60 min Jump	Allison Swanson

FRIDAY

6:00am	Reformer	Emily Long
6:00am	Kickboxing	Tess Zinio
8:30am	Reformer	Tess Zinio
9:30am	Stretch/Release	Emily Long
4:00pm	Reformer	Natalie Garcia
5:00pm	Reformer	Allison Swanson
5:00pm	Kickboxing	Natalie Garcia

TUESDAY

6:00am	Reformer	Tess Zinio
7:00am	Mat	Natalie Garcia
8:30am	Reformer	Emily Long
9:30am	Reformer	Emily Long
12:00pm	Reformer	Tess Zinio
4:30pm	Reformer	Allison Swanson
5:30pm	Stretch/Release	Emily Long
5:30pm	Reformer	Crystel Durocher
6:30pm	Kickboxing	Crystel Durocher

THURSDAY

6:00am	Reformer	Tess Zinio
8:30am	Reformer	Emily Long
9:30am	Circuit	Emily Long
9:30am	Kickboxing	Tess Zinio
12:00pm	Reformer	Tess Zinio
4:30pm	Reformer	Allison Swanson
5:30pm	Kickboxing	Allison Swanson
5:30pm	Reformer	Crystel Durocher

SATURDAY

8:00am	Kickboxing	Allison Swanson
9:00am	Reformer	Allison Swanson
10:00am	Chair	Allison Swanson

SUNDAY

9:00am	Reformer	Robin Collins
10:00am	Kickboxing	Robin Collins
11:00am	Circuit	Robin Collins

NOTE: Pilates & Kickboxing classes are priced separately. Call (775) 826-8278 for more information.

FOR MORE INFORMATION PLEASE CONTACT US AT 775 826-8278
or visit our website to sign up on-line: purelypilatesstudio.com