

# TOSH PILATES

April 1, 2020 – June 30, 2020

 Intermountain®  
TOSH Pilates Program

(801) 314-2210  
[toshutah.org/pilates](http://toshutah.org/pilates)

## monday & wednesday

6:00 am – Rachel – L2  
7:00 am – Rachel – L2  
8:00 am – Rachel – L1  
9:00 am – Hillary – L2  
10:00 am – Hillary – L2

12:00 pm – Hillary –  
Pilates for Arthritis  
4:30 pm – Sarah – L2  
5:30 pm – Sarah – L2  
6:30 pm – Sarah – L2

## tuesday & thursday

6:00 am – Mary – L2  
7:00 am – Mary – L2  
8:00 am – Mary – L2  
10:00 am – Mary – L2

3:30 pm – Jenn – L1 & L2  
4:30 pm – Jenn – L2  
5:30 pm – Shawn/Kirsten – L1  
6:30 pm – Shawn/Kirsten – L1

## friday\*

6:00 am – Rachel – L2  
7:00 am – Rachel – L2  
8:00 am – Sarah – L2

\* Friday classes are only  
offered as a third day  
of the week

**Private one-on-one instruction is also offered.**  
Call for availability: (801) 314-2210

