

deeAnn Nelson

Pilates, Gyrotonics, & Personal Training

Public Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am Open Level Pilates EDGE Fitness		6am Open Level Pilates at EDGE 7:15am	6pm Open Level Pilates and 7pm Dance Fusion		9am Group Reformer Class @Bodies in Balance and 10am Open Level Mat Class	
	6pm Open Level Pilates and 7pm Intermediate Level Pilates at EDGE Fitness	Gyrokinesis (free community class) @ EDGE and 5:30pm Group Reformer Class @ Bodies in Balance				

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