

Pilates Fundamentals

With Joanna Warchol

Expand your Pilates practice on the Pilates reformer and tower. This series of one hour fun and challenging total body workouts will improve core strength, tone muscle and increase flexibility!

OPEN TO BEGINNER AND ADVANCED STUDENTS

TUESDAY / THURSDAY

November 2nd – December 19th

(no classes Thanksgiving week)

12:15-1:15pm

469.00 per person

CLASS IS
OFFERED IN A
TRIO FORMAT FOR
INDIVIDUALIZED
ATTENTION

SIGN UP AT THE
FRONT DESK

