



Below the Belt

Attack your Abs, Butt & Thighs in 30 minutes on the Pilates Reformer!!!

Short on time? Why not try this NEW ½ hour Pilates Reformer Class which focuses below the belt: Your abs, butt and thighs!!
With only 5 students per class you will receive maximum focus and guidance for a 30 minute workout! The instructor will use a variety of exercises to help you get the results you want!

Classes are offered:

Tuesday: 8:30 – 9:00am

Wednesday: 6:30pm–7:00pm

Thursday: 6:00 – 6:30pm

Friday: 8:45 – 9:15am

8 SESSION PACKAGE

- *Member Cost: \$99.00*
- *Non Member Cost: \$129.00*

Sign up at the front desk today!



NEW