RESTORE THE CORE

MAT-BASED PILATES

Program Goal:

Strengthen your core and lose your low belly sag with this intensive mat based pilates class incorporating flat bands and pilates balls.

No impact. No cardio. All core.

more info on class @ front desk

$60 Equipment Fee (paid to instructor) includes: exercise tube, band, 2 exercise balls w/ pump, water bottle, and bag

$60/month

Thursdays: 7pm - 8pm

Saturdays: 10am - 11am