



Pilates Reformer Intro Class

Discounted rate of \$40 (instead of \$99)

Sunday, October 29

11:00am-1:00pm

This class will show you the basics of Pilates Reformer and give you the skills necessary to take any of our other Pilates Reformer classes.

Benefits of the Reformer include:

- Injury Rehab
- Enhanced Athletic Performance
- Improved Range of Motion and Flexibility
- Core Strengthening
- Relief from Pain Associated with Physical Imbalances
- Enhanced Toning and Lengthening of Muscles
- Bone-density Building
- Noticeable Results
- Better Posture
- Enjoyable, Safe, Fun, Ever-Changing Workouts

**Offer good for NEW Pilates Reformer Clients ONLY*

Register on MINDBODY.

Space is limited to 5 people. Open to non-members.



PILATES
REFORMER