



Mixed Equipment PILATES

Tuesdays at 9:00am
in the Pilates Studio

GET THE MOST OUT OF YOUR WORKOUT
WITH THIS 55 MINUTE MIXED EQUIPMENT
PILATES CLASS! USE MULTIPLE PIECES
OF PILATES EQUIPMENT TO TONE,
LENGTHEN, AND STRENGTHEN THE
CORE, LEGS, BACK, AND ARMS.

Led by Instructor Analia Weber



\$25/Members; \$30/Non-members
Save when you buy a 10-pack!

Purchase Pilates classes at the front desk and schedule online via "Book it Now" under the "Pilates" tab. For more information, contact Analia at theconsciousmover@gmail.com.