

PILATES REFORMER CLASS FOR BEGINNING STUDENTS

Begins Monday, November 28th!

SESSION: November 28 – December 23
DAYS: Mondays & Fridays
TIME: 12:00 – 1:00 pm
LOCATION: GHC Rock Rd
COST: \$160.00 / 8 classes



Our **PILATES** Reformer classes are held in the **PILATES** Studio located on the 3rd floor of **GHC Rock Rd. & West Central**

This is a GREAT time to try the Reformer!

We're offering this beginner class for those that are ready to learn the basics of **PILATES** on the Reformer. The Reformer is a spring loaded **PILATES** machine which provides a full body workout while using resistance.

You will build flexibility, strength and coordination while getting a great workout. **PILATES** focuses on posture and the core region of the body. So if toning your entire body as well as tightening and flattening your abdominals is your goal.... this workout is for YOU!

Our studio is fully equipped with **PILATES** equipment and our trained staff of **PILATES** Trainers.

SIGN UP NOW by responding to this email or come on up next time you're in the club and I can get you signed up in the studio. Space is limited!



If this class time doesn't work for you contact me so that I can help you find the class that will best meet your needs.

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