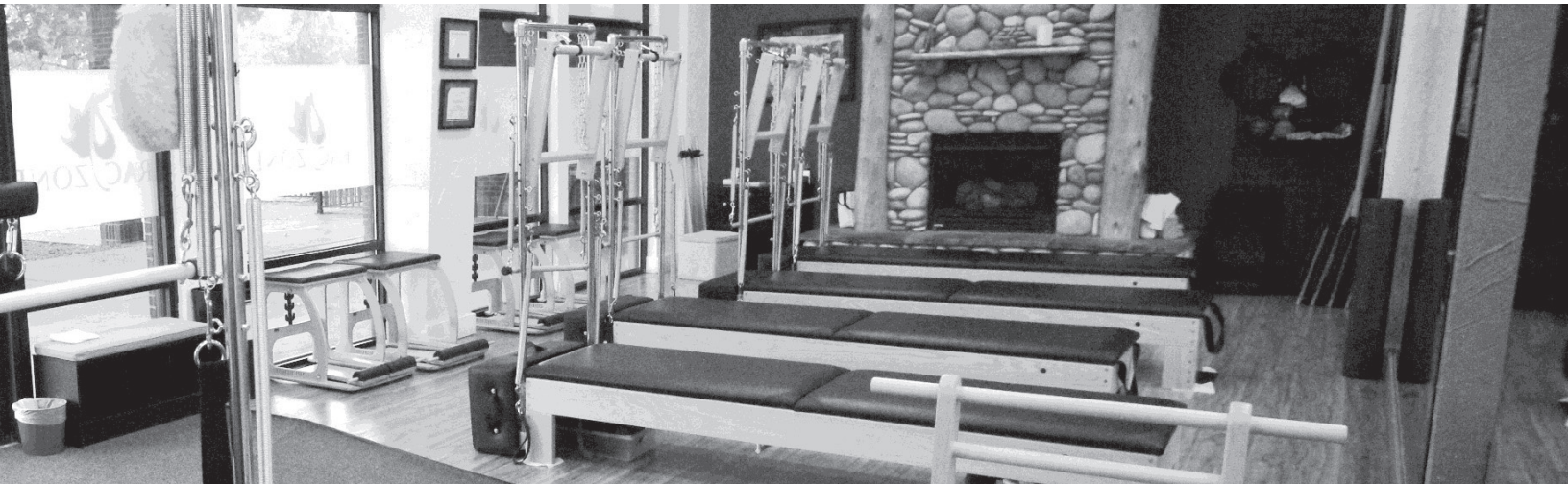


new Pilates class

REFORM & TRANSFORM

level 1



The Reformer is the centerpiece of the Pilates apparatus and is considered the “moving mat.” All exercises are done with controlled, precise movements and follow a specific sequence building in mental and physical intensity as it progresses.

EVERY FRIDAY AT 6:30 AM

WITH BRYNDI

SINGLE CLASS	\$25/members, \$30/non-members
5-PACK	\$100/members, \$135/non-members
10-PACK	\$160/members, \$240/non-members



Sign up is required either online via “Book it Now” or at the front desk.
For more information contact Bryndi at BryndiThompson@gmail.com.