

HEALTHY LIVING 4 LIFE

PILATES ♦ YOGA ♦ POST-REHAB

Fall Class schedule

Pilates for a Healthy Back

Mondays 8:30 AM

Mondays 4:30 PM

Wednesdays 3:30 PM

Fridays 9 AM



Pilates Fusion

Mondays &

Wednesdays 9:30 AM

Fridays 10 AM



Yoga Basics

Tuesdays & Thursdays

10:30 AM



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