

FREE TO THE COMMUNITY

Intro to Pilates Reformer

Try out our STOTT PILATES® Reformers in our NEW Pilates studio! You'll receive instruction in a small group setting while enjoying a fun and challenging workout for the whole body. *All participants must wear athletic socks, or a "sticky" sock with grips on the bottom.

REGISTRATION REQUIRED

Thursday, September 19th

4:00-4:45pm or

5:00pm-5:45pm