



Pilates Reformer

Ages 16-up

This is a class designed to introduce you to the Pilates Reformer as a tool for your fitness goals. It will help explain the value of the Reformer as well as give you the the chance to try it safely under the instructor's direction. You can discuss your injuries and fitness goals with the instructor during the session.

Mondays **5pm-6pm** *with Tricia Wise*
9/12, 10/10 \$25 (\$29 *non-members*)
11/14, 12/12

Register per Class | Pilates Reformer Studio