



PILATES REFORMER

with Kristen Arkush

TUESDAYS - 9:00AM | 12:00PM | 5:45PM

WEDNESDAYS - 9:00AM

THURSDAYS - 9:00AM | 12:00PM

GROUP PERSONAL TRAINING RATES APPLY.



Kristen is a dedicated Pilates student who recently became an enthusiastic instructor. Professionally trained as a biological scientist, Kristen spent over 20 years as a researcher, faculty member, and program leader. She took a career break to focus on young twins and discovered the value of Pilates training in her own health and well-being. She has completed Comprehensive Pilates training and mentoring with Gwen Miller, Balanced Body Pilates Faculty and Master Pilates Instructor.

FOR MORE INFO OR TO SIGN UP CONTACT:

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