



Performance PILATES

With Catherine Davis

Build strength, balance, and flexibility in this small group reformer workout. Core engagement is the foundation of pilates training since it dictates how the body moves, during athletic performance as well as everyday life. Often we are unaware of our muscular imbalances which can lead to weakness, injury, even surgery. Pilates is a great stand alone workout or as a cross training practice.

MONDAYS AT 9:00AM

Group Personal Training rates apply.

CONTACT CATHERINE DAVIS TO SIGN UP: 707.291.5148