

PERFORMANCE PILATES **FOR MEN**

A FOCUSED TRAINING FOR ATHLETIC MEN



with Catherine Davis

MONDAYS
1:00 - 2:00PM

gpt rates apply

This class will:

- Significantly strengthen your core and back muscles
- Improve posture
- Strengthen bones and joints
- Improve flexibility
- Reduce risk of injury, inflammation and pain
- Improve overall state of well being

CONTACT CATHERINE DAVIS TO SIGN UP: CATHERINED@AIRPORTCLUB.COM OR 707.291.5148