

REFORMER



STRETCH & SCULPT

MONDAYS

6:00PM - 7:00PM

WEDNESDAYS

10:00AM - 11:00AM

FRIDAYS

10:00AM - 11:00AM

SATURDAYS

10:00AM - 11:00AM

Feel the amazing benefits of Pilates as Amy takes you through stretch elements that you cannot recreate anywhere else than on a reformer. Strengthen your core and sculpt your muscles to a more lengthened state. This class will leave you feeling balanced, energized, and ready for anything life may throw at you.

FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT AMY WAGNER:

707.799.9576

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