

Pilates Reformer

WITH GWEN MILLER ♦ MASTER PILATES TRAINING INSTRUCTOR

OsteoReformer

A beginning level integrated therapy group with modifications and exercises for special populations with osteoporosis/penia, bone, joint, and tissue “issues.” The focus is on building strength, balance, bone density, and core strength.

WEDNESDAYS

12:00PM - 1:00PM

WEDNESDAYS

1:15PM - 2:15PM

FRIDAYS

12:00PM - 1:00PM



GPT RATES APPLY.

PLEASE CONTACT GWEN TO SIGN UP: GWENM@AIRPORTCLUB.COM | 707.486.5642