

# AFTERNOON PILATES



WITH MICHAEL WONG



EXPERIENCE A FULL-BODY PILATES REFORMER CLASS THAT IS DESIGNED TO ENHANCE MIND-BODY CONNECTION, MUSCLE MOBILITY, FLEXIBILITY, BALANCE, AND OVERALL STRENGTH. PERFECT FOR ALL LEVELS, THIS CLASS OFFERS A CHALLENGING YET SUPPORTIVE WORKOUT AIMED AT HELPING YOU ACHIEVE YOUR FITNESS GOALS. JOIN US AND LEAVE FEELING ENERGIZED AND REJUVENATED WITH A WELL-ROUNDED WORKOUT EXPERIENCE.

## MONDAYS AT 4:00PM

CONTACT MIKE TO SIGN UP: 707.291.5229 OR [MICHAELW@AIRPORTCLUB.COM](mailto:MICHAELW@AIRPORTCLUB.COM)