

# ADVANCED PILATES



Advanced Pilates is designed to challenge your foundation of core strength, stability, flexibility. With fun, flow, this class incorporates sneaky strength building, sustained stability challenges, explores enhanced range of motion, feel-good fascial flexibility, and stamina building techniques.

Advance your repertoire, get those Pilates shakes, and feel stable and strong to the core for a whole body, mind, and soul wellness experience.

**Mondays . . . . . 10:00am - 11:00am**

**Thursdays . . . . 10:00am - 11:00am**

*GROUP PERSONAL TRAINING RATES APPLY.*

Contact Shannon DeMange to sign-up: 707.570.5157 or [shannond@airportclub.com](mailto:shannond@airportclub.com)