

REFORMER



STRETCH & SCULPT

MONDAYS		6:00PM - 7:00PM
WEDNESDAYS		10:00AM - 11:00AM
WEDNESDAYS		6:00PM - 7:00PM
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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