



Pilates Reformer

STRENGTH, STRETCH, & STAMINA

with Shannon DeMange

Pilates Strength, Stretch, and Stamina is a workout encompassing the whole body in all the movement and fascial planes. Utilizing functional & performative repertoire while incorporating multiple stretch techniques, this class facilitates strength-building, improved flexibility, and increased stamina. Whether targeting a sport-specific or functional improvement routine, this sustaining & releasing work is sure to fit. Enhance strength, movement, and metabolic rate for a whole body, mind, and soul wellness experience.

Mondays & Thursdays
11:00am - 12:00pm

Group Personal Training rates apply.

BOOK YOUR SPOT NOW!

Contact Shannon DeMange: Shannond@airportclub.com or 707.570.5157