



# BEGINNING PILATES REFORMER WORKSHOP

*with Instructor Alice Rime*

SATURDAY, DECEMBER 14TH  
**12:00PM - 2:00PM**

Whether you are new to the Reformer or looking to freshen up your routine, this 2 hour workshop is designed to teach participants how to safely use the Open Pilates Reformer Studio at the Airport Club!

*Group Personal Training rates apply.*

**SIGN UP TODAY! SPACE IS LIMITED.**

For more information or to sign up please contact Alice  
at [alicer@airportclub.com](mailto:alicer@airportclub.com) or 707.975.1542