



# BEGINNING PILATES REFORMER WORKSHOP

*with Instructor Alice Rime*

SATURDAY, FEBRUARY 22<sup>ND</sup>  
12:00PM - 2:00PM

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.**

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