



PILATES BASICS & BEYOND



Pilates Basics & Beyond is designed to build a foundation of core strength, stability, flexibility. With fun, flow, this fundamental class incorporates sneaky strength building, sustained stability challenges, explores enhanced range of motion, feel-good fascial flexibility, and stamina building techniques.

Mondays 11:00am - 12:00pm

GROUP PERSONAL TRAINING RATES APPLY.

Contact Shannon DeMange to sign-up: 707.570.5157 or shannond@airportclub.com