

Pilates Reformer

WITH INSTRUCTOR AMY WAGNER

OsteoReformer

A beginning level integrated therapy group with modifications and exercises for special populations with osteoporosis/penia, bone, joint, and tissue “issues.” The focus is on building strength, balance, bone density, and core strength.

WEDNESDAYS

12:00PM - 1:00PM

WEDNESDAYS

1:00PM - 2:00PM



GPT RATES APPLY.

PLEASE CONTACT AMY TO SIGN UP: 707.799.9576 | AMYW@AIRPORTCLUB.COM