

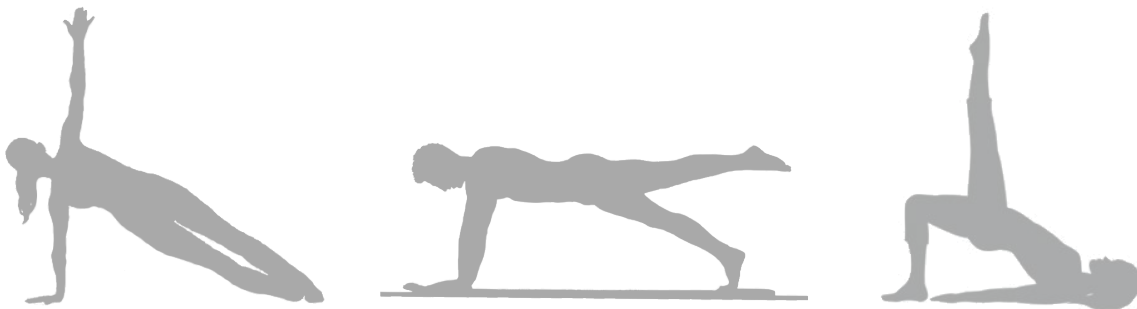
INTERNATIONAL PILATES DAY

Celebrate with us:
SATURDAY, MAY 4TH!



“Everyone is the architect of their own happiness.” – Joseph H. Pilates

8:55 - 9:15am (Between Barre & Pilates)
Join us in the Pilates Studio!



Reformer Pilates Demonstration
HIIT Pilates Demonstration
Pilates Principles for Improved Living

Plus ...

Tasty Treats & Giveaways!

