NEW! Pilates

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years

Fee: 1 visit — $9.00; 10 visits — $70.40; 20 visits — $110.60
12 month membership — $362.40 (unlimited classes)

Day	Time	Dates
Thur	10:15 AM - 11:15 AM	May 2 - June 27