

Pilates CHAIR

Drop In Options

Continuing through May 23

Class size limited to just 5.



Curious about Pilates fitness?

Hoping to try just one chair class without a lengthy commitment? Or attend as many as you wish?

Member Fee for Drop In Experience = \$18.00

Contact Pilates Lead & Chair Instructor, Jean DeWitz

@ jdewitz@racmn.com

Thursdays

11:00 A.M. - 12:00 P.M.

Mind Body Studio