

# **INTRO to Pilates REFORMER**

## ***Weekend Options***

**3 weeks**

**Class size limited to just 5 participants.**

### **Saturday**

**10:00 – 11:00 A.M.**

**February 16, 23**

**& March 2**

**OR**

### **Sunday**

**2:00 – 3:00 P.M.**

**February 10,**

**17 & 24**



**Curious about Pilates  
fitness? Hoping for a more  
convenient weekend classes?**

**Sign up at the  
Activities Desk or call  
507-287-9300**

