

# Small Group Pilates / Fairfield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 AM Terri	
10:00 AM Terri Eff 1/7	11:00 AM Siobhan			10:00 AM Terri	9:00 AM Terri	
6:30 PM Terri	6:30 PM Terri		6:30 PM Terri Eff 1/7		10:00 AM Terri	
	7:30 PM Terri Eff 1/7					

Come join us to achieve a total body transformation through improved core strength, flexibility, posture, and balance. Programming is progressive and results based.

EDGE  
**PILATES**  
 PRECISION ■ CONTROL ■ STRENGTH

Book your **FREE TRIAL CLASS** at the Front Desk! First time clients.

