

Reformation Studio—408-284-1300

WHEN: Mondays at noon

Wednesdays at 1pm

FEES: First class Free!

Lunch classes \$12 per
class

Class is 1 hour in length



Pilates for Osteoporosis

Pilates is terrific for the older adult as it provides a gentle, yet effective, overall body workout. Stand taller, gain more balance/control and discover a greater range of motion in your movements. Our Pilates for Osteoporosis classes specifically address your needs in a safe and fun environment!

33 Las Colinas Lane
San Jose, CA 95119

www.reformationstudio.com