



Intro to the Pilates System: Apparatus and Mat

Reformation Studio



Come and enjoy the full Pilates experience!! Receive 2 mat classes, 2 apparatus classes, and 1 private session. Get the most out of your practice with a strong foundation in the complete system as it was designed by Joseph Pilates.

Class limited to 6 students. Fee \$125

Starts Monday, August 6th, 2007 at 7:00pm

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