



7 Week Session runs from May 16-July 4th
\$70+HST/Session or \$12+HST/Class
No class on May 23rd for Victoria Day

MAT PILATES: MONDAYS AT 5:30PM with Jennifer Mulligan:



This floor based exercise program will teach you the foundation of the Stott Pilates repertoire. The focus will be on building core strength while moving the spine in all directions. We will help re-train proper muscle patterns while increasing your mind-body awareness with the use of your own body weight or small props.

Please Sign up at Front Desk as Space is Limited