



the pilates room

Happy New Year!

Available Zoom Classes

Monday- 9:30 AM & 5:30 PM

Available Studio Classes

Tuesday 10:30 AM Class

Wednesday- 5:30 PM (perfect for those new to Pilates)

Thursday- 5:30 PM Class (great for experienced Pilates students)

all other classes are full at this time

Private and Semiprivate lessons are available, either in studio or virtually- contact us to schedule yours!

January 2022