



fitness and wellness center

6-week sessions

**FREE
Pilates
& Yoga
101**

Sign-up at Front Desk

Yoga 101
Mondays
10:00 a.m.

Pilates 101
Tuesdays
5:45 p.m

THE SKINNY:

Registration required

Register at the front desk

Classes will run for 6 weeks

Included in all membership levels

Minimum of 5 / Maximum of 15

Begins week of February 28th

Pilates 101	Get to know Joseph Pilates in this basic Pilates class. Become comfortable with the basic principles of Pilates, so you will be prepared to try other Pilates classes.
Yoga 101	Everyone starts somewhere. This is the perfect class for those who are brand new to Yoga or for folks who want a refresher in the basics.