

# BUILD AN INDEPENDENT WORKOUT

with Krista Knudsen Thomas

**THURSDAY, SEPTEMBER 7  
@5:30PM**



- Want to do your own workouts at MVP?
- Develop your home-based routine?
- Or just get more confident with the equipment?

**This is a great launchpad!**

Designed for folks who are working toward an Independent Pilates Practice. We'll cover safety and setups for popular exercises on the Mat, Wunda Chair and Reformer. You'll receive handouts and helpful videos to support your goals.

*(Not recommended for those with recent injuries, ongoing or potentially reactive conditions.)*

**\$40 per class - will be offered again soon!**

**SIGN UP: [www.montclairvillagepilates.com](http://www.montclairvillagepilates.com) OR email [info@montclairvillagepilates.com](mailto:info@montclairvillagepilates.com)**