

MVP

montclair village

pilates

INTRO TO GROUP PILATES



Start Strong!

- Practice the basics of operating the Pilates Reformer
- Learn Pilates principles and foundational mat exercises you can do at home
- Troubleshoot common challenges
- Review modifications for introductory reformer and mat repertoire.

DETAILS:

- Monday, October 2
- 5:15pm--6:30pm
- \$65
- Will be offered again, depending on demand

SIGN UP:

montclairvillagepilates.com/book

510-499-5559