

POP UP WUNDA CHAIR CLASSES!

with Krista Knudsen Thomas



**“What’s up with those chairs over there?”
Here’s your chance to find out!**

Small but mighty, the Wunda Chair is a challenging, versatile and empowering apparatus with a teeny tiny footprint.

Discover what you & the Wunda Chair can achieve together!

Thursday, September 14 @ 5:30pm

Sunday, October 1 @ 9:30am

\$40 / All Levels Welcome!

SIGN UP: www.montclairvillagepilates.com OR email info@montclairvillagepilates.com