

THE PILATES SYSTEM: A MULTI-APPARATUS 3-WEEK SERIES

with Krista Knudsen Thomas

**MONDAYS AT 8:30AM
SEPTEMBER 11, 18, 25**



Broaden your horizons...

Explore the Pilates Method and its equipment in this 3-class series. We'll explore Reformer, Chair, Mat and Tower repertoire. Challenging and rigorous. Beginners welcome!

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

**\$120 for 3 classes
(No refunds for missed classes.)**

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