

# PILATES EXPRESS

Jump, Tone, Stretch

## GET IN, GET OUT, GET HOME!

Waiting for the kiddo's after school activity to finish up? Work meeting finish earlier than expected? This class is for those looking to recharge their late afternoon. This Reformer Express option has cardio, toning and stretch in a 45 minute format.

## TUESDAYS

4:05-4:50pm | Swan

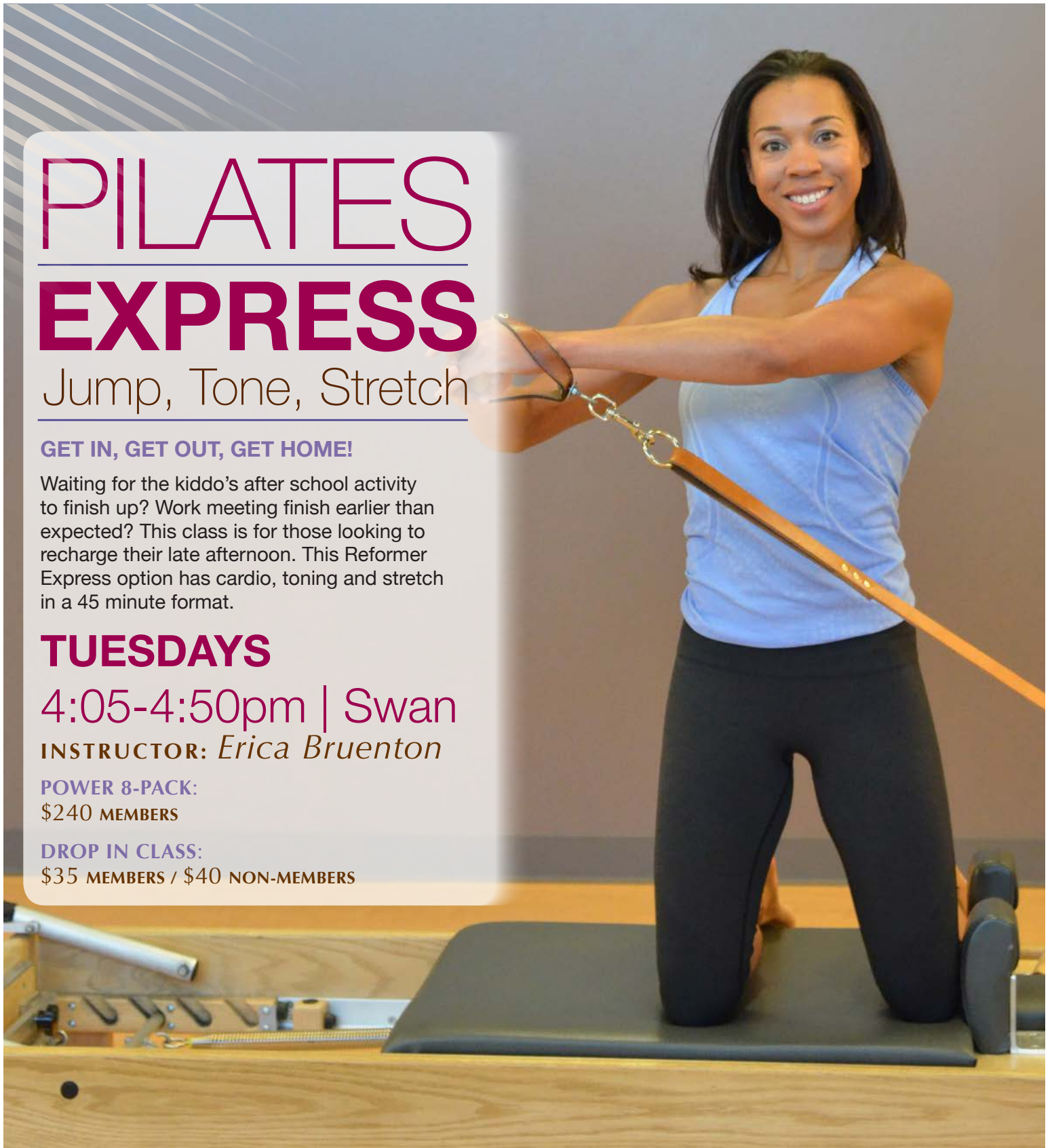
INSTRUCTOR: *Erica Bruenton*

### POWER 8-PACK:

\$240 MEMBERS

### DROP IN CLASS:

\$35 MEMBERS / \$40 NON-MEMBERS



*Pilates*

REGISTER on the GATC App

CALL 303.770.2582 x274

ONLINE GreenwoodATC.com / Pilates



**GREENWOOD ATHLETIC  
AND TENNIS CLUB**

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