

Intelligence

Pilates **BASICS**

THURSDAYS
12:00-1:00pm

Learn the basic exercises in a fun and non-intimidating class.

Get comfortable on equipment and understand the goals of each exercise. This class is a great bridge from your Intro Pack Session to higher level classes. It is also suitable for beginners, those with restricted movements and those recovering from injuries.

Maximum 8 Participants

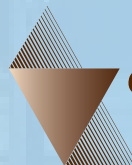


Instructor: Sherri Fast
Location: Swan Studio



Pilates

REGISTER on the GATC App
CALL 303.770.2582 x274
ONLINE GreenwoodATC.com / Pilates



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AND TENNIS CLUB**

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