



## Pilates Studio Classes

FEEL MORE ENERGY • REALIZE POSITIVE CHANGE • LIVE HEALTHY

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<b>Mat class</b>	Wednesdays 6:30pm
<b>Circuit class</b>	Mondays 6:30pm Wednesdays 8:30am Thursdays 12:30pm and 6:30pm
<b>Postpartum Baby &amp; Me class</b>	Tuesdays, 12:30pm
<b>Duets</b>	by appointment

Our group classes are limited in size. Please pre-register by calling 925-952-9688 (Susan Liebowitz ext. 2 or Ivy Noceto ext. 5).

Swimmers Circuit classes also available.

Looking for a special class for your own group? Please contact us for more information.

You can also find us teaching in the community at Elephant Pharm and The Wellness Community.

Please check our “Special Classes” section to see what’s new, what’s seasonal, and what our guest teachers are offering.