

# PILATES REFORMER

SATURDAYS

JAN 3, 10, 17, 24, 31

10:30-11:30AM

**INSTRUCTOR: JANENE**

FIRST COME FIRST SERVE ONLY 9  
MACHINES AVAILABLE

# BEGINNER PILATES

THURSDAYS

JAN 8, 15, 22, 29

6:30-7:30PM

**INSTRUCTOR: JANENE**



Questions: Email Terrill at  
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