



SMALL GROUP TRAINING

OCT 22 - DEC 9

Select a timeslot:
Mondays 7:30am
Thursdays 6:15am
Thursdays 1pm
Thursdays 5:30pm
Saturdays 11am
Sundays 8am

STUDIO PILATES

with Ray Salahuddin, Rachael Gray, & Louis Acquisto

This 6 week workshop series, 1 hour per week, will provide you with a progressive foundational system to recruit more muscles, accelerate weight loss, increase your body awareness, and improve your posture to aid in injury prevention. Each week builds on the last; you'll gain confidence with your individual skill set. Watch how Pilates principles start to flow into your every day habits. Functional, flexible, and strong core muscles are key to reaching a wide variety of fitness and sport performance goals. Commit to this comprehensive Pilates series to enhance your workouts as you strengthen your body for your unique needs. We are excited to offer this training in a personal small group learning environment.

\$210 FOR 6 SESSION SERIES

*RSVP at [Studiomix.com](https://www.studiomix.com) under FIND A CLASS then Workshops.
Space limited to 6 people per timeslot. No classes Monday 11/19 -
Sunday 11/25/18 for Thanksgiving week.*



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