

Intro to Pilates



Six week session - \$150 ^{+tax}

- Build your understanding step-by-step, into a strong personal practice of the Pilates method on the **mat, reformer and tower unit**.
- Explore the core Pilates System—with horizontal and vertical layering—to personally feel the effects of each exercise or motion.
- By the end of 6 weeks, you'll understand how and why Pilates works.
- You'll see and feel real results, and be ready to get the most out of any of our open-level Pilates Equipment and Mat classes.

Morning 6 week session

with Ellen Hinkebein

Thursdays 9a - starting Nov. 11

(Nov 11 - Dec 23 - no class Nov. 25)

JUST ADDED:

Mondays 9am - starting Nov. 8

(session runs Nov. 8-Dec.15)



Evening 6 week session

with Mary J Brown

Wednesdays 7p - starting Nov. 10

(session runs Nov 10 - Dec 15)



**Pre-registration
required.**

Call the studio
to sign-up.

314-781-5050

*Limited to 6 people
for each session*