

New Wednesday Class! (Begins Jan. 7)

PILATES BY PAM

full body toning



This class was designed to tone, strengthen and stretch the entire body using a ball, mat and your body's own weight as resistance. It's suited for most fitness levels, so begin where YOU are and take your time OR challenge yourself to the max.

**MONDAYS & WEDNESDAYS @ 5:30
\$12 PER CLASS / 10 CLASSES FOR \$100**

REGISTER AT
lulusgardenherbs@gmail.com



CAUTION:
Pilates makes you hot!