

REFORMER PILATES *HOLIDAY SPECIAL*



For the months of November and December receive a 15% off 10 class pass (this offer is only good for 1st time participants)

Classes to choose from are:
Monday, Wednesday or Thursday at 12 P.M.

Reformer Pilates classes are performed in the reformer apparatus and guided by a certified professional. Classes are 45-50 minutes long.

Come and experience a whole new way of expanding flow of breath, greater mobility and core strength.

Visit the Montecito Fitness desk to sign up

"CHANGE HAPPENS THROUGH MOVEMENT AND MOVEMENT HEALS" JOSEPH PILATES