

# *REFORMER PILATES EARLY SPRING SPECIAL*



- For the months of March and April receive a 10% off 10 class pass.  
(this offer is only good for 1st time participants)

Class is Wednesday 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*