

REFORMER PILATES EARLY SPRING SPECIAL



**FOR THE MONTH OF APRIL RECEIVE
10% OFF A 10 CLASS PASS.**

(this offer is only good for 1st time participants)

CLASS IS MONDAY 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