

FRIDAY NIGHT RESET PILATES



**POP-UP
CLASS**

**MARCH 15, 22,
29 & APRIL 5
6:30-7:30 P.M.**

PILATES STUDIO
with **STEPHANIE TOONE**

Come relax your mind and body with this Pilates workshop Friday evenings with instructor, Stephanie Toone. This workshop will focus on proper alignment and controlled movements, resetting you to go into the next week.

\$25/member

Registration required.



425.688.3172



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