

PILATES PERFECT START

POP-UP
SERIES



SEPT. 8, 15, & 22
3-4 P.M.
PILATES STUDIO

Join Stephanie Toon for this Beginner Pilates series. Each week will focus on applying different Pilates principles to each of the apparatuses (including mat).
\$45/class

Registration required.



425.688.3172



fitness@bellevueclub.com