

STOTT PILATES®



Pilates Mat Class

First class is **FREE!**

Led by a STOTT PILATES® Certified Instructor. Learn the basic principles of Pilates and develop core strength, balance and flexibility. This 60-minute class is great for all levels of fitness.

(Bring water and a mat or towel)

\$20 for 1 month (4 classes) or \$7 drop-in rate

Tuesdays at 6 pm
Thursdays at 10 am

Helendale CSD Community Room
26540 Vista Rd Suite C

Questions or to register call
(760) 951-0006 ext. 230

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