

Fitness Arts

PILATES

Taught by Mia Scheid



Join this exciting Pilates Class and learn the essentials of the classical Pilates exercise phenomenon. You will develop long and lean, toned and functional muscles to improve your flexibility and strength! This class is suitable for all fitness levels.

\$150 per 6 week session!*

Call for Start of Next Six Week Session.

Cost is Prorated when starting between 6-week sessions.

***CHOOSE ONE CLASS PER WEEK!**

THURSDAYS 9:30am-10:30am
SATURDAYS 8am-9am Pilates

CALL TO RESERVE YOUR SPOT! 847-397-2787