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Fusion = GRAVITY® & Pilates

“Strong & Lean”

**Looking for a new and challenging way to take you to that next level?
Join us for an hour-long workout that combines the best of both worlds!**

Be ready to take it off! Inches that is. This class is a combination of 30 minutes of attacking your abdominals, butt & thighs on the Pilates Reformer followed with 30 minutes of upper body strength training on the GRAVITY® machine. You will build stamina and endurance. Lose weight and inches.

With only 5 students per class you will receive maximum focus and guidance for an optimal hour-long workout!

Classes are offered:

Wednesday: 9:15 – 10:15am

Wednesday: 5:30 – 6:30pm

Thursday: 10:30 – 11:30am

10 session package: Member: \$219.00

Non member: \$269.00