



Fusion Gravity & Pilates

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 attack your core and get definition! 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!

10 Session Package: Member: \$219.00
Non member: \$269.00

Classes are offered:

Monday: 9:15- 10:15am
Tuesday : 7:30 – 8:30pm
Wednesday: 10:15 –11:15am
Wednesday : 6:00 – 7:00pm
Friday: 10:00 – 11:00am

We are willing to add classes based on demand
Call Katie @973-839-8823