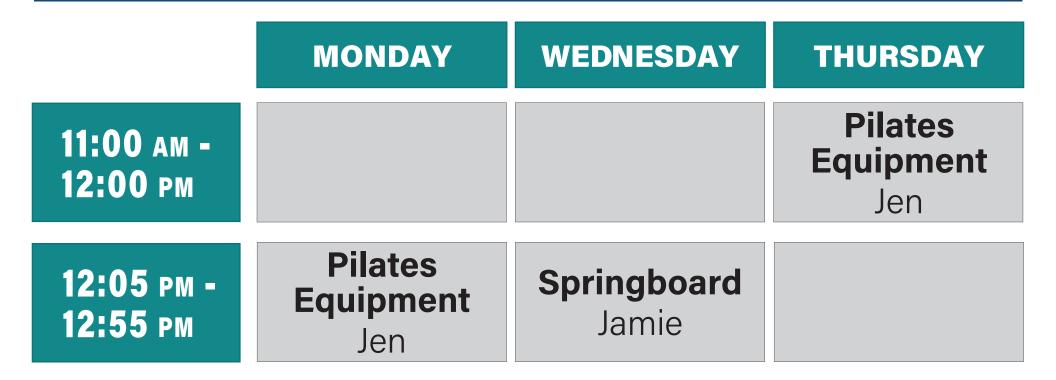
## Pilates Equipment SGT Schedule



## **Program Description**

**Pilates Equipment Small Group Training** is specialized to living in Montana. Led by Balanced Body instructors, you will gain full body strength and body awareness allowing you to explore Montana and do your day-to-day activities with more confidence. For ages 14 and up.