

Pilates Equipment SGT Schedule

	MONDAY	WEDNESDAY	THURSDAY
11:00 AM - 12:00 PM			Pilates Equipment Jen
12:05 PM - 12:55 PM	Pilates Equipment Jen	Springboard Jamie	

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.