



MAT PILATES



MONDAYS
AT 10:30AM
WEDNESDAYS
AT 9:15AM
IN MARIPOSA
WITH YVONNE

Improve your core stability, postural alignment, balance and flexibility with Pilates mat floor exercises. Different modalities such as weights, balls, rings, and barre may be used to give you a full body workout.

\$7 EACH CLASS:

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).



SaddleBrooke HOA2
Fitness and Wellness

**FOR MORE INFORMATION CONTACT
DESERTVIEW FITNESS CENTER AT 818-1300**