

NEW!

CARDIO PILATES CLASS

Interested in a new challenge? This 55-minute class is a great way to experience the cardio tramp/jump board and add an aerobic component to your normal Pilates Reformer workout. The focus of this class is to elevate your heart rate and work at a higher intensity level. Take your workout up a notch! You'll see improvement in cardiovascular fitness!

This class is open to all levels.



WHEN: Thurs 9:15am and 5:30 pm.
Starts March 2, 2017

WHERE: FBD West

Sign-up via MINDBODY App or FBD website



FITNESS By Design West
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