

ESSENTIAL EQUIPMENT CLASS

New to equipment work or need a refresher? This 55 minute class is a great way to transition into the Group Reformer classes after doing private Pilates sessions. The focus of this class is to help you become familiar with all Pilates equipment including Reformer, Wall Unit, and Stability Chair, as well as commonly used props.



WHEN: Wednesday 9:30-10:25am

WHERE: FBD West

Sign-up via Mindbody App or FBD website

6 clients max



FITNESS By Design West
4825 EP True Parkway, Suite 101
West Des Moines, IA 50266