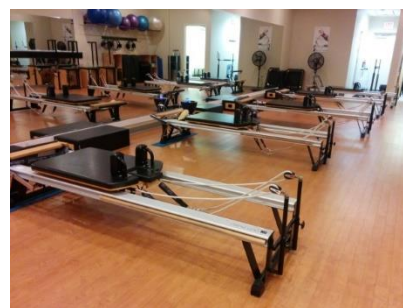


ADDITIONAL CLASS- MORE CARDIO PILATES!

Interested in a new challenge? This 55-minute class is a great way to experience the cardio tramp/jump board and add an aerobic and interval 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: **Thursdays at 8:00a.m. starting June 8th**

WHERE: **FBD West**

Sign-up via MINDBODY App or FBD website



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