

EQUIPMENT CIRCUIT CLASS

Not a morning person?
Looking to get back in a routine?
Like exercising over the lunch hour?
Want to experience a new class format?

55-minute Wed Class begins September 6 at Noon.

FBD West location

Sign up now to reserve your place in class!

Join our Wed lunch hour class! Each class will vary and will pull from the 870+ exercises performed on the Pilates Reformer, Cadillac, Wall Unit, V2 Max tower, Stability Chair, Barre, Edge, Arc Barrel, BOSU, and Ladder Barrel.



STOTT PILATES® Studio Circuit Training

Come try our Wed lunch hour class to learn complementary exercises on each piece of equipment that, when combined, will create an exciting and motivating circuit-style class. Exercises will be layered to accommodate different fitness levels. Clients will be safely and efficiently transitioned from one piece of equipment to the next to experience an effective full-body, fun, uplifting workout.