

Friday 11 AM Pilates with Lauren at the Dance Palace

Join us for an invigorating Friday morning mat class in the Church Space. This class focuses on Pilates breathing, core strength, muscle toning and stretching. Gain flexibility and joint mobility and improve your balance and posture. All levels welcome.

Fridays-\$16 for drop-in. \$130 for 10 sessions.

Instructor: Lauren LaRocca, PMA® Certified Pilates Teacher
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Private and Duet equipment sessions also available.

