

Pilates – Improvers

- If you have already taken part of many Pilates courses before and you want to join again, this is the class to come to.
- Flowing from one exercise to another, this class is on a higher level than the beginner class and will make you feel like a superior afterwards.
- Join me and not only feel, but also see your body changing day by day!
- Students are advised to wear comfortable clothing.
- Students will be asked to complete a Medical Screening form on the first night of class.

While the college provides basic Yoga mats, students are encouraged to bring along their own.