

The Pilates Center of Olympia



BARRE PILATES

WITH HEATHER

This class incorporates the principles of Pilates using the ballet barre for targeted lower body toning, hand weights for upper body sculpting, and Pilates mat work for core strengthening, conditioning, and increasing flexibility.



SCHEDULE

MONDAY **4:30 - 5:20 PM**

THURSDAY **5:30 - 6:20 PM**

DETAILS

Regular package Barre Pilates class prices = \$8 - \$13

Single class price = \$18

Call: 360-352-3444

E-mail: heather@pilatesatplay.com

For other class descriptions visit www.pilatesatplay.com

Advance registration/payment required

24 hour cancellation required or charges incurred

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Olympia, WA 98501

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