



Pilates Mat Class



Aqua Fit ~ FIT2 Studio ~ Suite F
1400 Summit Ave.
Plano, Tx 75074

Starting February 24th – March 31st

9:00am - 10:00am

\$60 for 6 Friday's!



Are you ready to get into shape? Have you been neglecting yourself and wanting to make some time to work out? This class is perfect for you!

Whether you're a beginner or know Pilates exercises, I will challenge your core strength and flexibility. We will focus the mind and work through a series of Pilates mat exercises using precise, controlled movement to ensure an intense, full body workout. You will improve your posture, flexibility, and overall wellbeing! Come experience the Power of Pilates!

You'll need a mat (yoga mat is fine) and comfortable workout clothes. Clients should be able to get up and down off the floor without assistance.

To Register Call ~ (972) 578-7946

Instructor ~ Sue Dado

