

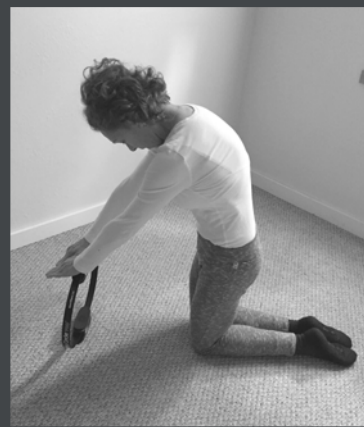
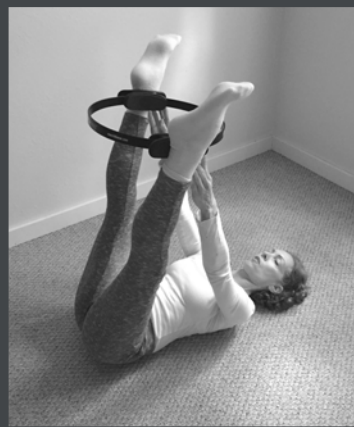
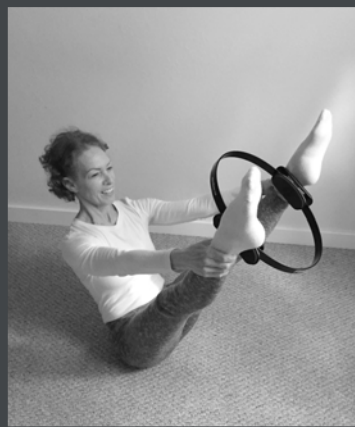
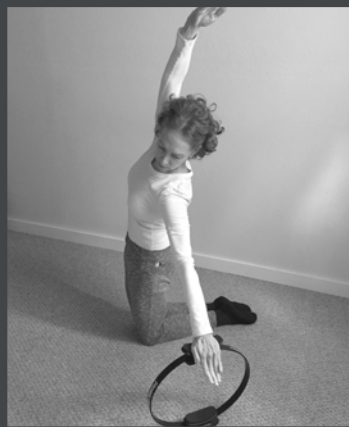
Magic Circle MADNESS

with
Darien
Gold

While experimenting with stretches over a wine barrel, Joseph Pilates realized the metal bands encircling the barrel could be useful in themselves. Thus, the Magic Circle was born. The very first pads on each side of the circle were made of wood and, thankfully, today we have more comfortable materials!

Now is your chance to learn how the Magic Circle can help you strengthen the abs, arms, legs and hips. All levels welcome!

Located in Studio 4



March 5th - March 26th

TUESDAYS | 1:15 - 2:15PM

\$80 FOR FOUR WEEKS

Minimum of 10 people. Class is non-refundable.

Please sign up at the service desk.