



Pilates

Strengthen Your Mind & Body!

Improve
Flexibility
and
Posture

Tuesdays 10:00-11:00am

Sculpt,
Tone, and
Renew
Your Body

Registration Required; Drop-ins welcome. Pay as you go, or purchase a series of classes.

**For further information contact Michelle Doyle at
buckhornwellness@gmail.com**