

WITH BENJAMIN DEGENHARDT

AWAKEN THE POWERHOUSE

FlexSPECIALCLASS

HIGHLY
SOUGHT AFTER
LIMITED SPOTS

BOOK NOW

Learn to correctly access muscles of the Powerhouse to gain more strength and control in your Pilates practice and flow through difficult exercises with ease. Open to instructors and clients.

\$290

ISLAND SOUTH 6 FEB 11:45AM-12:50PM

CENTRAL 15 FEB 12:30PM-1:30PM