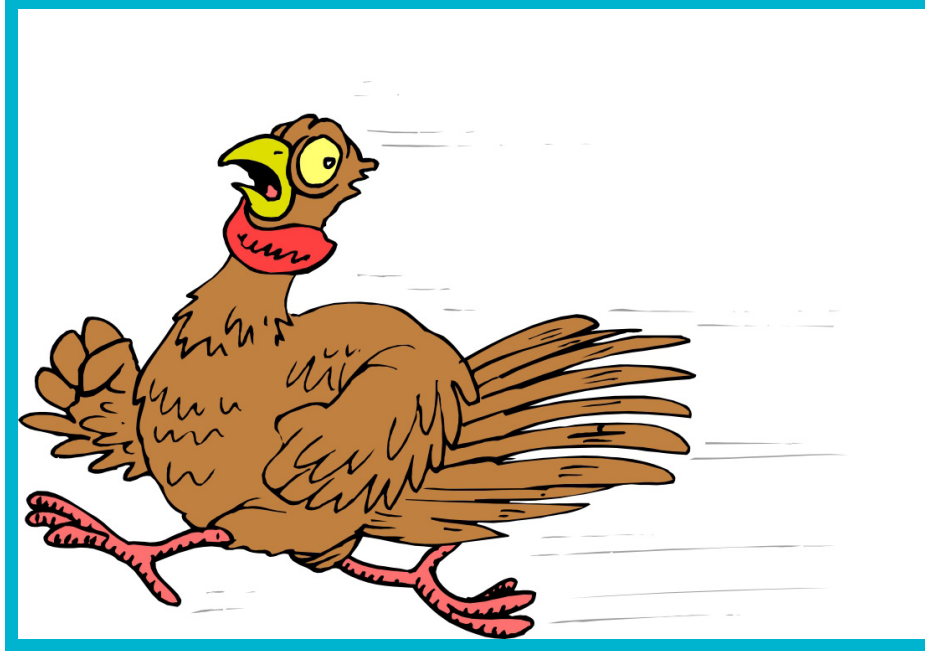


Chase the Turkey!

Special Thanksgiving Day Pilates Mat Class with Kat



Thanksgiving Day from: 8:30 -9:30am

Burn those calories & holiday stress before they hit your waistline! Join Kat for this fast paced Classical Pilates Mat Class - the exercises are basic, however, you will be challenged to perform them with perfect form.

This authentic pilates mat class will follow the classical repertoire and flow from one exercise to the next for a challenging workout. You will learn how to engage deep muscles and enjoy a workout that you can take with you anywhere!

For new & existing students with no chronic pain or injuries. Friends & family are welcome so share the gift of health & fitness this holiday!

*Wishing you and your families a very
Happy & Safe Thanksgiving!*

Note: A minimum of 3 students are required to run this class. Open to all new or existing students with no chronic pain or injuries.
Cost: \$18 (or \$15 with your 10-pack). Register online, by phone 732-300-4917 or email info@PilatesByTheBayNJ.com.