

Pilates with Michelle Miller Ouellette Campus Winter 2020 Session

Monday, January 13th - Monday, April 27th

Mon/Wed 12:00-1:00

Location: Inside the Chapel

2 x 60 minutes (30 60-minute classes): \$150

Cost to be deducted from your pay

Attend 80% of the classes, get reimbursed 50% of the cost!

Registration Deadline:

January 3rd, 2020

A minimum of 10 participants required.

There is a maximum of 15 participants for this class.

***Go to the Healthy Lifestyles
website to register now!***

*Pilates emphasizes the balanced development
of the body through core strength, flexibility,
and awareness in order to support efficient,
graceful movement.*

