



Mat Pilates with Pilates Ball

Join Jessica Goolsby Certified Pilates Instructor for a mat pilates class incorporating pilates balls. Enjoy this strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs.

- Day:** Sunday, April 7
Time: 3:00 – 4:00 p.m.
Cost: Members \$10, Non-members \$15
Location: Mind & Body Studio
Instructor: Jessica Goolsby

For more information or to register, please visit the Member Services desk or call 515-226-9622.