



# ISLAND PILATES CENTER

Exercise to strengthen & streamline your body

Pilates Mat Classes in a Fully Equipped Pilates Studio:

Mon. at 8:45 am • Mon. & Wed. at 6:30 pm • Tues. & Thur. at 7:45 am • Sat. at 9am

Small group equipment classes (private & duet sessions by appointment): Monday - Saturday - either at a currently scheduled time, OR, create your own group (Maximum 3 people) at your preferred time and day.

Leslie Larch & Nicole Falso • 360-221-8881

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