

Yoga & Fusion Pilates

Class

Description:

Athletes and beginners can ALL benefit from this class! This is a mix of the best **Core** exercises from **PILATES** and the most effective strength poses from **YOGA**. A full body workout with focus on core muscles

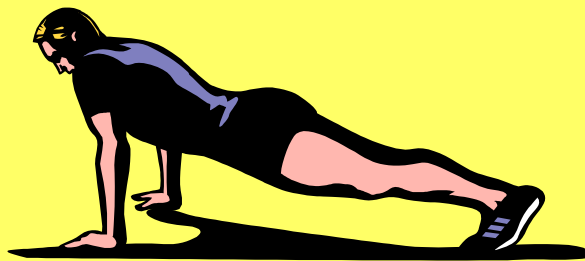
All levels welcome!

Instructor: Ann Zammuto, B.S. in Exercise Physiology, Certified Personal Trainer and Group Exercise Instructor. Ann has

Saturdays

9-10am

March 3 - April 7th 2012



Cost:

Members \$30 6 classes

Non-Members Welcome! \$48

*All active **A to Z Personal Training Clients** **save 10%**.*

Sign up through **email or at front desk**

Cash or check to Ann Zammuto

atoztraining@hotmail.com