



Instructor:	Kimberley Koop
Description:	A Pilate's class that focuses on stability. The Stability ball engages the core muscles to strengthen and balance, affecting better posture. You will learn a wide variety of exercises in order to work every muscle of your body. Gain coordination, flexibility and joint mobility.

Class Category:	Creative Wellness		
Age Range::	18+		
Location of Class:	Studio C		
What to Bring:	<ul style="list-style-type: none"> <li>- fitness/yoga wear</li> <li>-comfortable pants and top</li> <li>-water bottle</li> <li>-if desired, your own fitness matt</li> </ul>		
Equipment Provided	-fitness matts		
Fees and Charges:	Class Fee:	\$132.00	Additional SAC Membership Fee Administration Fee \$20.00
Cancellations/Refunds:	<i>Full refunds are given only when you cancel two weeks prior to the start date of a class/workshop.</i>		<i>Membership fees are non refundable Administration fees are non refundable</i>
Dates/Class Duration:	September 10, 2020-November 26, 2020	Thursday, 10:00am-11:00am	