



## Beginner Pilates Studio Course

- **Beginners Pilates Studio Equipment Circuit Training.** Includes Reformer, Ladder Barrel, Cadillac Trapeze, Springboard, and Combo Chair. Learn basic equipment use, positions, concepts and moves to enable future Pilates Studio training classes.
- **Instructor:** Steph Foresi MSPT, owner, 15 years Polestar Pilates instructor and 20 yrs gymnastics.
- **When:** Tuesday's Feb 4-March 10th
- **Time:** 7:30-8:30pm
- **Cost:** \$165.00
- **Where:** FIT 122 Unit D4 Spring St  
Southington CT, Pilates Studio  
*(4 people to run class, 7 people max. No make ups or carryovers)*  
*REGISTRATION CLOSSES DEC 30.*  
*Register at [www.stayfitconnecticut.com](http://www.stayfitconnecticut.com)*



122 Spring St Unit D4  
860-690-9796

Southington CT 06489  
foresifitness@gmail.com