



SOUL MOVEMENT
pilates · barre · dance

SOUL CARDIO MAT

We're celebrating March MATness!

Come experience a new special 4 week class in March – Soul Cardio Mat! It's a perfect blend of heart pumping cardio and strength moves mixed with traditional Pilates exercises all followed by a terrific stretch. Classes may include the use of props such as weights, balls, bands, or magic circles. This class will surely push you to the limit. Find out how you can benefit from this complete cross-training class!



WEDNESDAYS in March

12:00 - 12:45

Water and sneakers recommended!