



TOSH PILATES 2019

CLASSES HELD JULY 1 – SEPTEMBER 27

Ready to strengthen your body and activate your core? So are we! TOSH Pilates classes offer you a full-body workout in addition to private one-on-one instruction and postural analysis. Abdominal ultrasound education is also available at our classes! Call us for availability.

MONDAY/WEDNESDAY

6 am: Rachel – L2
7 am: Rachel – L2
8 am: Rachel – L1
10 am: Jenn – L2
4:30 pm: Sarah – L2
5:30 pm: Sarah – L2
6:30 pm: Sarah – L2

TUESDAY/THURSDAY

6 am: Mary – L2
7 am: Mary – L2
8 am: Mary – L2
10 am: Jenn – L2
4:30 pm: Jenn – L2
5:30 pm: Kirsten/Shawn – L1
6:30 pm: Kirsten/Shawn – L1

FRIDAY*

6 am: Rachel – L2
7 am: Rachel – L2
8 am: Sarah – L2

* Friday classes are offered only as a third class of the week.

12 classes = \$156

Registration opens **June 1**. Classes fill up fast!

Call 801-314-2210 | toshutah.org/pilates

