

Core Workshops

w/ Kylee
Lynch



CERTIFIED PILATES INSTRUCTOR
FROM TRAVERSE CITY, MI

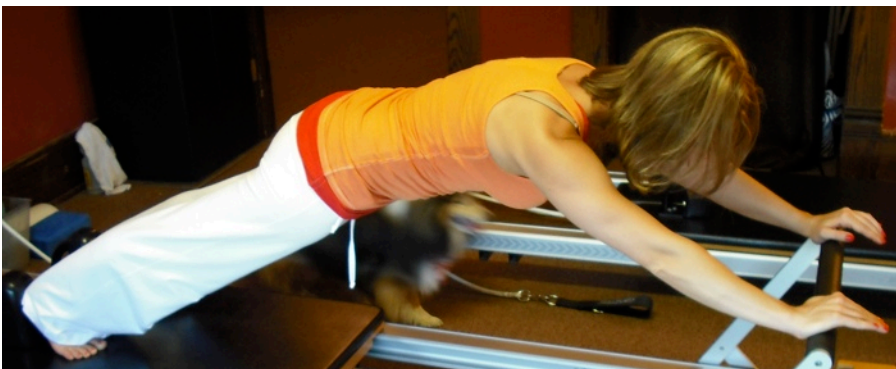
Please join her for the following special \$15 workshops:

Power Mat

Saturday March 13th @ 11:00 am,
Tuesday March 16th @ 5:30 pm, &
Thursday March 18th @ 9:45 am

Pilates at the Barre

Wednesday March 24th @ 8:15 pm &
Tuesday March 30th @ 5:30 pm



*SIGN UP & PRE-
REGISTRATION REQUIRED
FOR ALL WORKSHOPS.
NO PACKAGES APPLY.*

BODYFIT

248.305.8414 - info@bodyfitmi.com - www.bodyfitmi.com