

NEW YEAR SPECIAL! STARTS JAN 15TH

Try a Pilates Class for FREE from Jan 15th– Feb 14th!
No advance registration required, just show up & see what this movement method can do for your posture, alignment, back/hip pain, abdominal strength & overall toning.



Combining mat Pilates essential principles & moves with challenging accessories (foam rollers, rings, balls) to help tone your body, shape your legs, strengthen your core. This course provides you the tools to understand and develop how your body and mind can perform together in movement. Pilates benefits all levels and abilities, athletes & non-athletes. Warm room.

No experience required

www.sandpointhyoga.com

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Practice. It will take care of all your problems.