

Hello Everyone,

Looking for something healthy to do on Friday mornings?

**Pilates 9-9:45 AM**

There will be a new session of Pilates starting on Friday, Feb 3rd

The cost is \$80.00/8 classes

No class on Feb 17th

Please register by Wednesday, Feb 1st

Registration is open <https://capturepoint.com/florhampark>

Thank you,

Tammy