

Omnipilates

NEW BY LILLA INVENTORY!

CLASSES ADDED

Monday – Thursday, we now have a 2:00 pm and 6:15 pm open group workout

Friday, we have a Pilates Mat class at 9am every 1st and 3rd Friday of every month

We are always evaluating our schedule so we can best accommodate you. If there are times that you are still looking for, we may be adding them soon – stay on the lookout!

HALLOWEEN

We have decided to get festive this Halloween and want to encourage you to bring your kids by for Trick-or-Treating Tuesday Oct. 31.

You will see most of us in costume, so if you are ready to show your costume off we will give you a costume friendly workout!

STRETCHING

As the cooler months are moving in you may feel a stiffness set in to your body. This is completely normal and we are here to help! If you are interested in getting a different stretch before class let us know, so we can help you keep the shoulder, hip and spine stiffness at bay!

ALSO HAPPENING:

PILATES ON THE PLAZA

This weekend is our last Pilates mat class on the plaza free to the community!

Location is the green lawn next to the Buddy Holly Statue at 8 am before the Downtown Farmers Market.
Bring water and an extra mat if you like!

First 10 people receive a free intro session for a friend.

SHH...

Alina has a birthday coming up! October 30th to be exact, and we want everyone to know. Give her a high-five or make her demo that really hard exercise she makes you do...just to make sure age hasn't gotten the better of her 😊

REVIEW US

Now that we are in a new location we are asking everyone to review us on your favorite platform Yelp, Google, or Facebook. Your words mean a lot to us!