

# SUMMER TIME JUMP!!!!



**6 WEEK SESSION  
JUMPCARD/PILATES INTERVAL TRAINING CLASS**

**TUESDAYS 10:30AM  
July 11th – August 29th**

**This class will challenge your Pilates experience and teach you to engage the core in a whole new way. PIT will incorporate traditional Pilates exercises with the jump board. This class will work the core, elevate the heart rate & build endurance!**

**Must commit to 6 sessions**

**Must take sessions within the 8 week time frame**

**No refunds once class is started.**

**HQ Members: \$141 / Non Members: \$186**

**\*\* Option – if you purchase a summer special package, 6 sessions will be deducted as payment.**

**Only 5 Spots Available for each class.**

**Stop by or Call the Pilates Studio to register today!!**