

BEGINS 1/5/16



PILATES IN THE PLAZA

// tuesdays . 7:15 to 8:00 am //

BRING YOUR OWN MAT & TOWEL

MORNING PILATES MAT CLASS ON THE SEAHOLM PLAZA TAUGHT BY CERTIFIED PILATES INSTRUCTOR TYLER GUTHRIE FROM BALLET AUSTIN'S BUTLER CENTER FOR DANCE & FITNESS

SHOULD THERE BE INCLEMENT WEATHER (RAIN, SLEET, ICE, OR TEMPERATURE BELOW FREEZING, CLASS WILL BE HELD AT BALLET AUSTIN (501 W. 3RD ST – JUST OVER THE FOOTBRIDGE ON 3RD)

