



**Band Blast Class!**  
**SATURDAY JULY 30th, 2022**  
**9am-10am**

Join me on Saturday July 30th at 9am to close out this month and set positive goals and intentions for the month ahead! This one hour class has a pilates structure to it, with the use of my resistance band to enhance form and strength!

You will leave feeling strong, refreshed and ready to tackle all of your goals and dreams for the month ahead!