

Rates: \$90 for a 3 week  
workshop  
(3 classes total)

WHERE: GRASS ROOTS PILATES  
1509 CHAPALA ST. SUITE B

CALL OR EMAIL TO SIGN UP  
805-403-6628  
INFO@GRASSROOTSPILATES.SB.COM

# PILATES

*with Amanda*



A Mat pilates session to  
help with strength, stability,  
and balance

## WHEN:

Tuesdays 4:00-5:00pm

\*Starting on Tuesday, November 30th!



GRASS ROOTS  
— pilates —