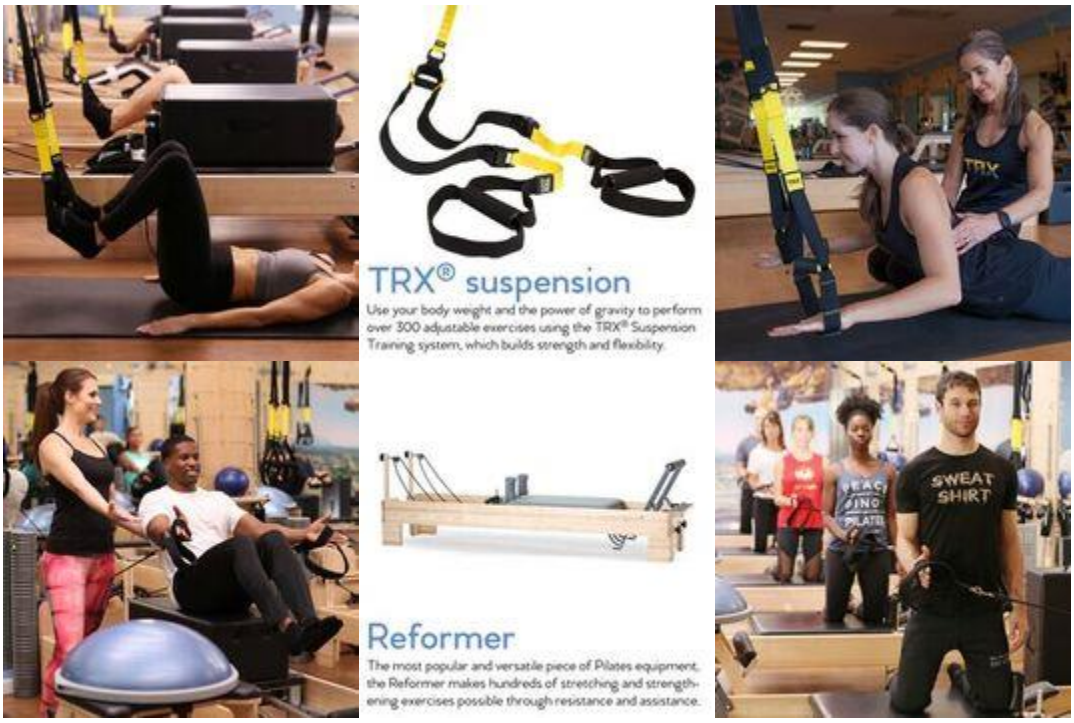
CLUB PILATES
CAMARILLO

CALLING ALL FIREFIGHTERS AND FIRE PERSONNEL!

To get things going in 2020, Club Pilates Camarillo is hosting an exclusive Ventura County Fire Department class! We will be having one of our awesome certified-instructors take you through a comprehensive 50-minute workout that will include work on the **Pilates Reformer and TRX suspension training!** There is no better workout to target your core, balance skills, strength training, cardio and flexibility all while being very low impact on your joints!



The class is FREE and limited to 12 attendees so sign up soon to reserve your spot! If you're not able to attend at this date and time, we also offer FREE 30 minute intro classes every week. So if you've always been curious about Pilates and how it can help in your life and work, check us out! We also offer an American Hero discount of 10% off for the life of your membership!

DATE: Friday, January 10th | TIME: 3:30pm - 4:30pm
LOCATION: 2360-F Las Posas Road | Camarillo, CA | Phone: (805) 261-1255

DO PILATES. DO LIFE.