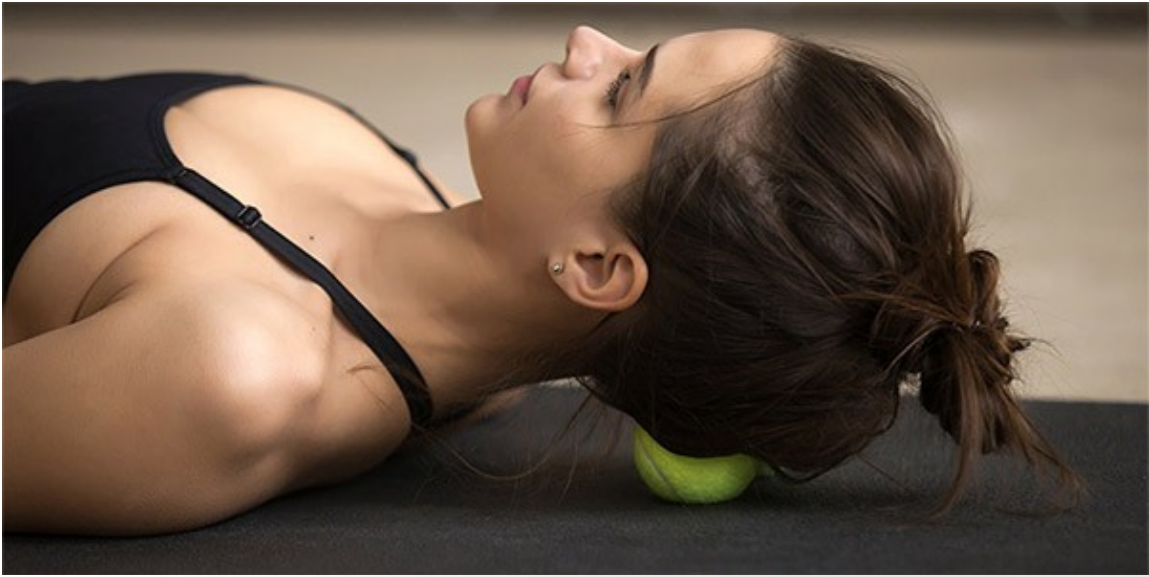


Wellness & Performance

Small Group Schedule

Small Group Sessions





Personalized small group sessions, including personal training, mat Pilates and specialty sessions, will challenge you to reach your potential while promoting your safety and decreasing risk for re-injury under professional supervision and guidance. Our supportive and patient team of professionals will give structure and support while providing accountability with a smile.

Classes instructed by [Angela Luem](#), Pilates instructor, as well as [Lauren Daurizio](#), certified personal trainer.