



PRECISION PERSONAL TRAINING AND PILATES

Free to all residents of the Saulet Apartments

MAT PILATES & POWER YOGA at the SAULET!



Come activate your core and push your fitness boundaries with free Pilates classes at the Saulet Fitness Center. Space is limited and registration is required. Sign up online for classes and workshops!

www.bodybykate.com



*"HARD BODY, STRONG
MIND, OPEN SPIRIT"*