

STRETCH
STUDIO & CAFE

PILATES

Saturdays at 11:00 a.m.

With Autumn Perez



Autumn Perez is a certified Power Pilates instructor bringing the Power Pilates Method to Stretch Studio! This mat class takes a classical Pilates approach and each exercise is tailored to provide a challenging workout focused on core musculature and increased flexibility in an inspiring and fun group setting.

Why practice Pilates? Pilates helps develop many aspects of physical fitness: strength, flexibility, coordination, speed, agility and endurance. You'll feel the energy propel you toward a great workout in this class. Movement heals and nurtures the mind, body and spirit!



Find us on...

Facebook: Stretch Studio & Café

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Stretch Studio & Café

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