



# BEGINNER PILATES

WITH KRISTIN



PROGRAM · 1 WEEK

## Beginner Pilates with Kristin

START PROGRAM

Join Kristin for a week of introductory classes, all designed to help start your Pilates journey. Each class will focus on a core Pilates principle and will build step by step toward a more confident practice.

1

week

6

days/week

7

classes

10-20

mins per day



Kristin  
McGee

ANTHONY CUNANAN

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