

## LAURI MARTINEAU

### STOTT PILATES Certified since 2007

Strengthen your core, increase your flexibility & improve your balance with Pilates matwork. These safe and effective exercises help make doing the things you love to do easier.



### SUMMER VIRTUAL PILATES SCHEDULE

Monday 8:30-9:30am

Tuesday 2:30-3:30pm

Wednesday 8:00-9:00am

Thursday 2:30-3:30pm

Friday 9:00-10:00am

SCW Yoga Club Members receive the discounted rate of \$4/class (reg. \$10/class).

Payment can be made through Venmo, PayPal, or Zelle. Email me at [laurimartineau@gmail.com](mailto:laurimartineau@gmail.com) to receive an invite to class and setup payment.

I look forward to working with you!