

Define Pilates Exercise

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DEFINE, your form is everything. Regardless of your current fitness level or past Pilates experience, our Method will have your muscles shaking within seconds while keeping your body properly aligned. You will gain flexibility, endurance, coordination, and balance as we help you awaken every muscle in your body, engage your small-twitch muscle fibers, and build lean muscle mass. Before you know it, your hard work and dedication will have your body toned achieving the coveted "DEFINED" look. Our instructors provide guidance and modifications to ensure each member experiences a challenging, yet safe workout.

Google+ : <https://www.google.com/maps?cid=4464593801056003287>