

Welcome to the 30 Day Mat Challenge. I'm Alisa Wyatt and I designed this series of classes to bring to you Joseph Pilates' famous quote. "In 10 sessions, you'll feel the difference. In 20 sessions, you'll see the difference. And in 30 sessions, you'll have a whole new body." You don't need any equipment for these classes, just you and a mat that's thick enough to protect your spine from the floor in rolling movements.

The exercises you master in this series create a truly aligned and pain-free body. Whether you're brand new to Pilates or coming back for a refresher, the basic level classes are for everyone. Join us and you'll strengthen your core, build your knowledge of proper alignment and dynamics, develop better posture and body awareness, increase your flexibility, improve your balance and athletic ability, and discover newfound confidence in all your body can do.

Join us, and in 30 days, I guarantee you'll feel the difference that Pilates can make in your life.