

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." At the intermediate level, you'll be challenging your body with all of the variations and cues our world-renowned teachers throw your way.

Join us and you will dramatically increase your strength and control, take your practice to the next level, achieve skills that you've struggled with, build better posture and tone, increase your flexibility, improve your balance and athletic ability, and find confidence in all your body can do. I can't wait for you to find out what Pilates can do for you.

Join us for this 30 day challenge and you'll really see the difference.