

THERAPEUTIC & RESTORATIVE PILATES

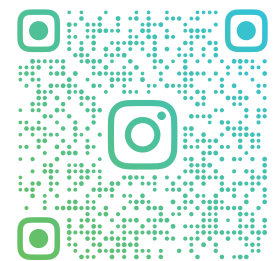
Wednesdays 9-10am
Truro Community Center

Classes focus on reducing stress, releasing restrictions and renewing vitality in the body. Increase flexibility and build strength!
Expand what's possible in your mind, body & spirit!



Dawn Snow blends the holistic benefits of fascial release and Pilates.

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RIVER_WELLNESS