



Pilates Movement

About

Develop strength, flexibility and balance through the fusion of pilates mat and various styles of movement. All levels welcome.

Generously funded by



When

Fridays at 11:00 a.m.

Check calendar for current schedule.

Venice Branch

Los Angeles Public Library
501 S. Venice Blvd.
(310) 821-1769

For **ADA accommodations**, please call (213) 228-7430 at least 72 hours prior to the event.

