

Gymnastics Beat

New PILATES & INTERVAL TRAINING CLASS

Now offering a fitness class integrating mat Pilates and interval training in a no-nonsense, fun, judgment-free environment!



All fitness levels welcome!
We will have a ton of fun while working hard... TOGETHER!

**Tuesday and Fridays
9:15-10:15 AM at GymBeat**



Drop ins welcome!
\$10 each class
4 class card - \$35
8 class card - \$65

Special introductory rate:

First 2 classes \$8 each

Starts January 3rd!!



Please call Erin Emerson for questions: 559-824-3303
gymnasticsbeat.com 559-271-9400

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