

Join Paige Harper in Mat Movement

Monday-Friday at 11:40 AM-12:20 PM

A hybrid class that included a bit of heart pumping, get your blood flowing, movement. This joined with strength, balance work, and stretching, that will focus on making your life the best it can be!

Do not be surprised to see yoga, Pilates, ballet, chi gong, or ti chi in this class. We will use body weight, free weights, band and balls to achieve our best.

With 28 year of experience and a diverse education in fitness training, personal training, anatomy/physiology, and kinesiology, Paige will be able and willing to adapt for any injuries restrictions or inexperience that comes up.