



Williams Island Spa

Pilates dramatically transforms the way
your body looks, feels and performs.
It builds strength without excess bulk, creating a sleek,
toned body with slender thighs and a flat abdomen.

It teaches body awareness, good posture
and easy, graceful movement.
Pilates improves flexibility, agility and
economy of motion. It can even help alleviate back pain.

Available Classes

Group Mat Classes (Tues & Thurs 11:15am, Sat 10:15am – No Fee)

Allegro - Semi Private (\$25 pp per session)

Private Classes (\$75 per session)

Call now or stop by the Spa Front Desk to find out more

305.937.7860