

Pilates

FREE for passholders / \$8 for guests

Take part in an exercise regimen that uses special stretches to improve core strength, flexibility, agility and range of motion.

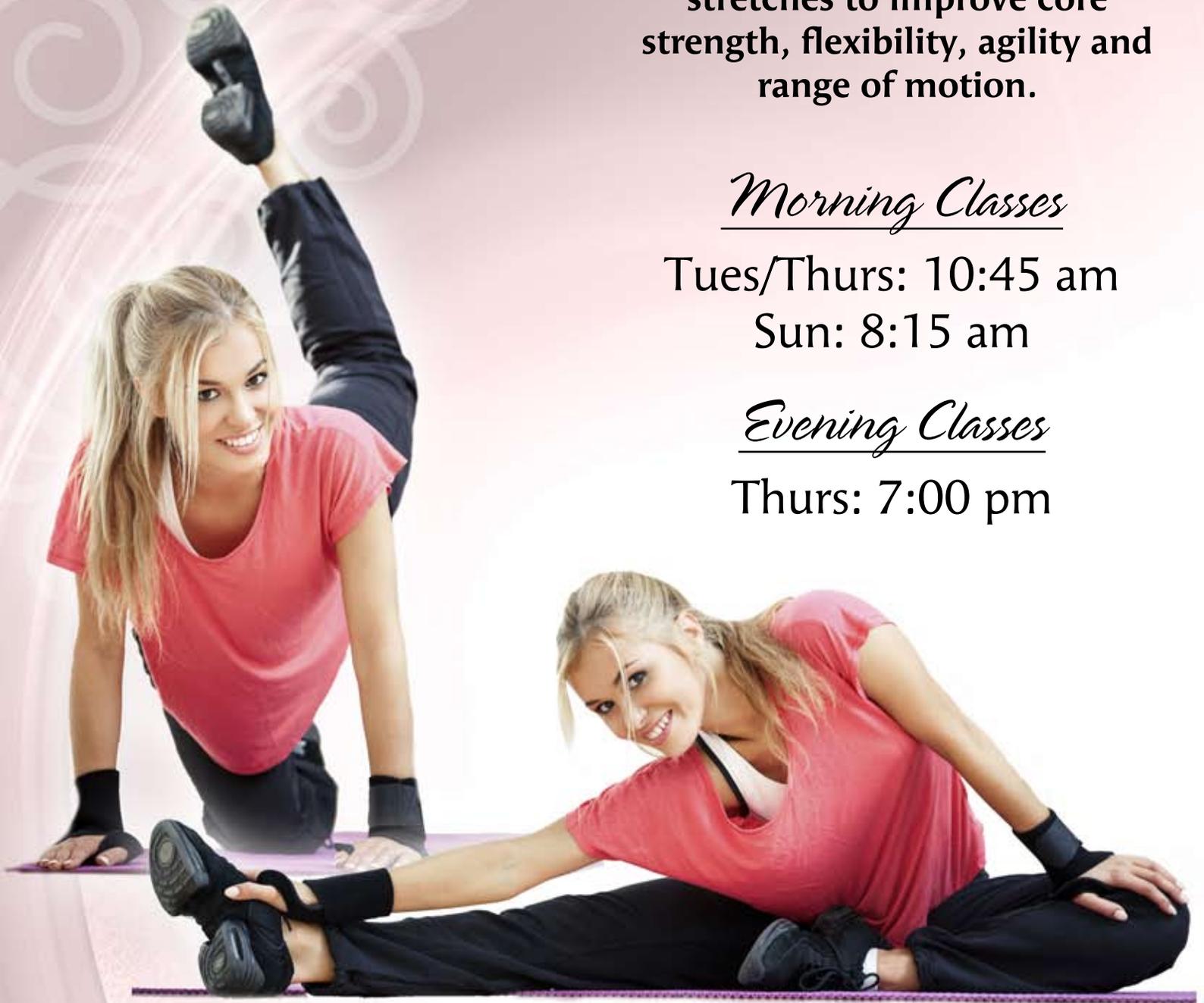
Morning Classes

Tues/Thurs: 10:45 am

Sun: 8:15 am

Evening Classes

Thurs: 7:00 pm



MONTANOSO RECREATION CENTER
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