



Come discover the joy of **Kathy Grant's Cats**, laterals and other intriguing skills that are part of her "Before The One Hundred" repertoire.

Wednesday, January 8, from 6 – 7 pm
in the San Francisco Peak Performance Pilates and The Pilates Collective Studio. Taught by Jennifer Stacey, MS. \$28.
Details may change (to a longer class)

Email Jennifer: info@peakperformancepilates.com

