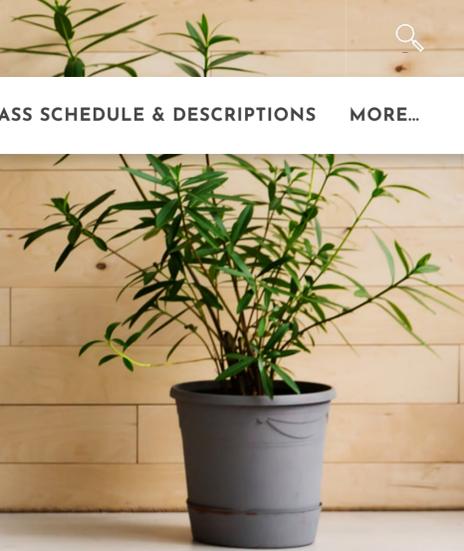


PILATES/YOGA/BARRE



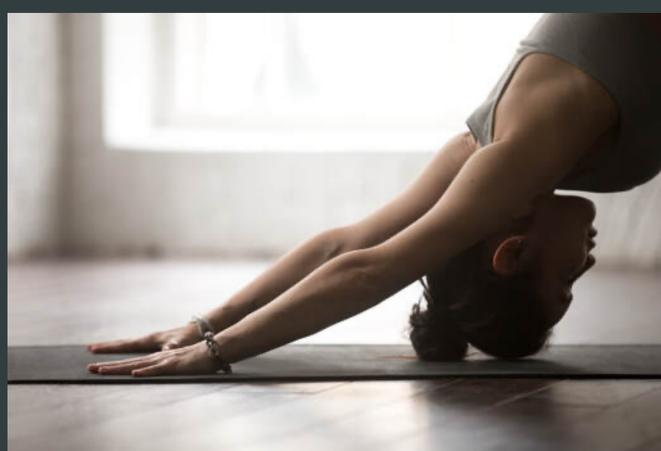
Catapult offers a wide range of Pilates, Yoga and Barre classes to help you tone and stretch while helping relieve everyday stress.

Yoga, Pilates, and Barre. What's the difference?

Yoga- Yoga is a class that involves a sequence of slow moving and holding poses that help to increase flexibility and strength.

Pilates- Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength.

Barre- Barre is a toning, body weight lifting workout that engages muscles you wouldn't normally get. High reps and low impact movements barre challenges anyone looking to fine tune their muscles.



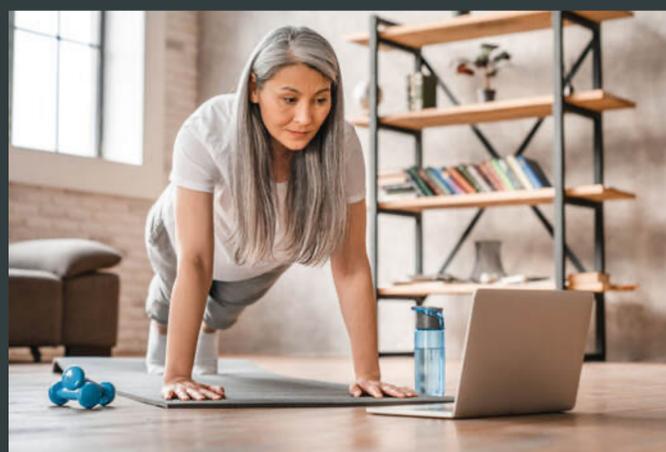
What We Offer

- Pilates Class
- Pilates Barre
- Total Body Barre
- Pilates Reformer Training (Buddy or Individual). Please contact Krista Turner at 765-620-9734 for more information or to schedule reformer training.



Packages

Discover Catapult's various membership and class packages to customize your workout.



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