



MAT PILATES

With Angela

PLEASE COME JOIN ME ON THE MAT!
BEGINNERS WELCOME!

WHEN Tuesdays & Thursdays 9~10 AM	WHERE Dalton Ranch Fitness Center
COST \$14~ MEMBERS \$16~ NON-MEMBERS PACKAGES AVAILAIBLE @ DISCOUNTED PRICES	CONTACT (970)749-7590

I became a Yoga teacher in 2004 and a few years later I took my first Mat Pilates class and loved how it compliments my yoga practice and other sports activities. In 2008 I completed my Mat Pilates training and in 2010 I became Pilates Reformer certified.

For the past 18 years I taught private & group classes, led retreats, and organized corporate events in Germany and Asia. We moved to Durango in December 2018 and fell in love with this special place, the people, and the community.

