



Calabasas Athletic Center Weight & Shape M.A.P.™ Success!

Highlights of Pia's Success

- Leaner, more toned body
- Improved posture
- Increased flexibility
- New love for Pilates!

Testimonial "Pilates has been my go to class at Calabasas Fitness Center. Rachel, has been an AWESOME teacher. Not only has she helped me with my flexibility, she's also helped me improve my posture. I feel leaner now than I've ever did before."