

A still life painting of autumn pumpkins and gourds. The scene features several pumpkins in various shades of orange and yellow, some with green stems, and a few gourds. The background is a mix of warm, earthy tones, suggesting a rustic setting. The overall style is soft and painterly.

Thanksgiving Day Pilates Class

Thursday November 25th
Mat Pilates Class
9 - 10AM

Put your bird in the oven and escape while the rest of your family is watching the parades or football games. Get yourself centered in body and mind for the day ahead of you.

Go to Contact Page to sign up!

Pilates  By Danita
A Pilates & Personal Training Studio