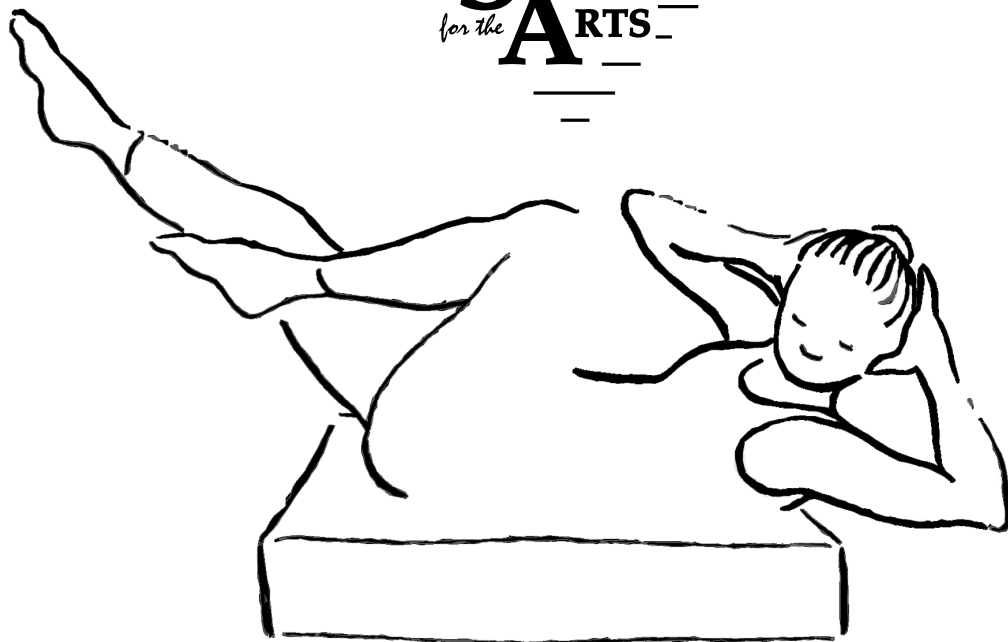


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PILATES MAT CLASS

with **LISA MATSKO HAMILTON,**

certified instructor, Physicalmind Institute®

Based on the century-old teachings of Joseph Pilates, this artful discipline can improve your posture and increase flexibility and stamina. The elegant and flowing movements of Pilates isolate core muscles, developing strength, mobility, fluidity and balance. Pilates is well suited for people of all ages and fitness levels. These classes are for new and continuing students.

CLASS SCHEDULE

Saturdays,
Jan. 9 - Feb. 27
8:45 - 9:45 a.m.
8 weeks for \$120

Wednesdays,
Jan. 6 - Feb. 24
7:30 - 8:30 p.m.
8 weeks for \$120

Thursdays,
Jan. 7 - Feb. 25
5:30 - 6:30 p.m.
8 weeks for \$120

INTRO TO MAT PILATES
Thursdays,
Jan. 14 - Feb. 18
5:30 - 6:30 p.m.
6 weeks for \$90

Please call for class requirements.

MAXIMUM ENROLLMENT OF 11 STUDENTS PER SESSION