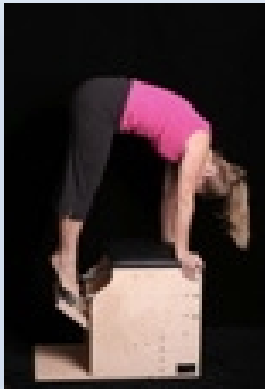


Pilates Studio Group Training



**Free Sessions
From Monday, 8/16 -- 8/21**

Introducing

Posture Analysis

Pilates Wunda Chair Duet

Pilates Reformer Triplette

**Please Reserve your Complimentary
Posture Analysis & Group Training
Session**

at the Front Desk

or call 800-810-8056

Mon 8/16	Tue 8/17	Wed 8/18	Thu 8/19	Fri 8/20	Sat 8/21
8:30 am Chair	8:00 am Posture		8:00 am Chair	10:00 am Reformer	
	9:00 am Chair	9:00 am Posture	9:00 am Reformer		
	10:00 am Reformer	10:00 am Reformer			11:15 am Circuit
5:00 pm Reformer	5:45 pm Posture	5:00 pm Posture	5:00 pm Chair		
	6:45 pm	5:45 pm			