

Pilates on the Ball

Spring/Summer 2009



Stretch, Tone & Relax!

Stability balls are a great way to a fast, convenient and full body workout. Join this class for a fun workout that will also improve your balance and overall coordination. For all ages and levels. Please bring a mat and stability ball to class.

Tuesdays

7:45 to 8:30 p.m. • Six weeks \$50

116399 D2 • May 12, 19, 26, June 2, 9, 16

116499 D • June 23, 30, July 7, 28, August 4, 11

Saturdays

10 to 10:45 a.m. • Six weeks \$50

116399 B2 • April 25, May 9, 23, 30, June 6, 13

**For more information, call 954-345-2200
or call the instructor Dana at 954-934-6404.**