



FREE Pilates & Stretch Class For Guys Only

Calling All Men to join Pilates Director, Paula Ainsleigh in the Pilates Studio for a special workout designed just for guys:

- Learn how Pilates can help you succeed on the court, field or green
- Learn exercises that will improve all over range of motion and flexibility with special emphasis on the less flexible muscles of men
- Focus on strengthening the core muscles including the low back
- Improve your posture and balance

Thursday, March 11 10:00-11:00am

**REAL MEN
DO PILATES!**

Space is limited to 5 participants. Please sign up for this free class at the front desk.

