



Four-week Series Starting Saturday, February 1, 2020

CLASSICAL PILATES

INTRODUCTION TO THE METHOD

**DISCOVER THE SYSTEMATIC APPROACH TO
TRADITIONAL MAT EXERCISES IN A
COMPREHENSIVE, SMALL GROUP SETTING.**

Develop an orderly, healthy approach to form,
flexibility, strength & healing.

Enrollment limited to 4 people.

Classes are on Saturdays 8:30-9:25 a.m.
\$25/class. Pre-registration required.



To register or for more information,
contact Catherine at 630-363-5675
or info@studio17greenville.com

