



S.T.A.R. Pilates

strength training and reconditioning

PILATES FOR PINK CLASS

1st & 3rd TUESDAY OF THE MONTH 2:00-2:50

THE EXERCISES YOU WILL LEARN IN THIS CLASS WILL HELP YOU REGAIN FULL RANGE OF MOTION OF THE AFFECTED ARM AND SHOULDER , STRETCH AND STRENGTHEN THE SHOULDER, CHEST, BACK AND ABDOMINAL MUSCLES.

CLASS WILL HELP IMPROVE FUNCTIONAL ABILITY IN DAY TO DAY ACTIVITIES, ENHANCE ENERGY LEVELS, IMPROVE SLEEP & ALLEVIATE FATIGUE .

CLASS ACCOMMODATES ALL LEVELS, WHETHER SURGERY WAS YEARS AGO OR RECENT. THE PROGRAM WORKS IN CONJUNCTION WITH YOUR DOCTOR'S RECOMMENDATIONS.

CLASS IS COMPLIMENTARY, KINDLY CALL A DAY AHEAD & LET US KNOW YOU ARE COMING.

CLASS SIZE IS LIMITED & A RESERVATION IS REQUIRED.

(I teach the entire morning prior to class & cannot answer the phone to confirm if there's room)

I would like the opportunity to speak with you prior to class, to give you further information & answer any questions you may have. Please call Gini Murphy.

FOR MORE INFORMATION PLEASE VISIT THE WEBSITE.



INK RIBBON PROGRAM

Post-Operative Workout Enhancing Recovery

772-205-7969

www.starpilatesstudio.com

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