



S.T.A.R. Pilates

strength training and reconditioning

PILATES FOR PINK CLASS

TUESDAYS 2:00-2:50

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

CLASS WILL HELP IMPROVE FUNCTIONAL ABILITY IN DAY-TO-DAY ACTIVITIES, ENHANCE ENERGY LEVELS, IMPROVE SLEEP AND 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 AND LET US KNOW YOU ARE COMING. CLASS SIZE IS LIMITED AND A RESERVATION IS REQUIRED.

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

FOR MORE INFORMATION PLEASE VISIT WWW.STARPILETESSTUDIO.COM



772-205-7969

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