

mind and body pilates

NOW ENROLLING NEW STUDENTS FOR
BEGINNING MAT CLASS
EVERY TUESDAY & THURSDAY

5:30-6:30 PM

AT EMERALD BAY PHYSICAL THERAPY.

812 EMERALD BAY RD • CLASSES BEGIN OCT. 7 • BRING A MAT

Practicing the Pilates method

will build longer, leaner muscles and give you core strength and stability.

Pilates provides relief

from stress and back pain, improving posture, balance, and coordination.

Enhance your athletic performance

with heightened mind-body awareness and increased self-confidence.

Effective post rehabilitation.

core strength
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HELPMERHONDA

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