

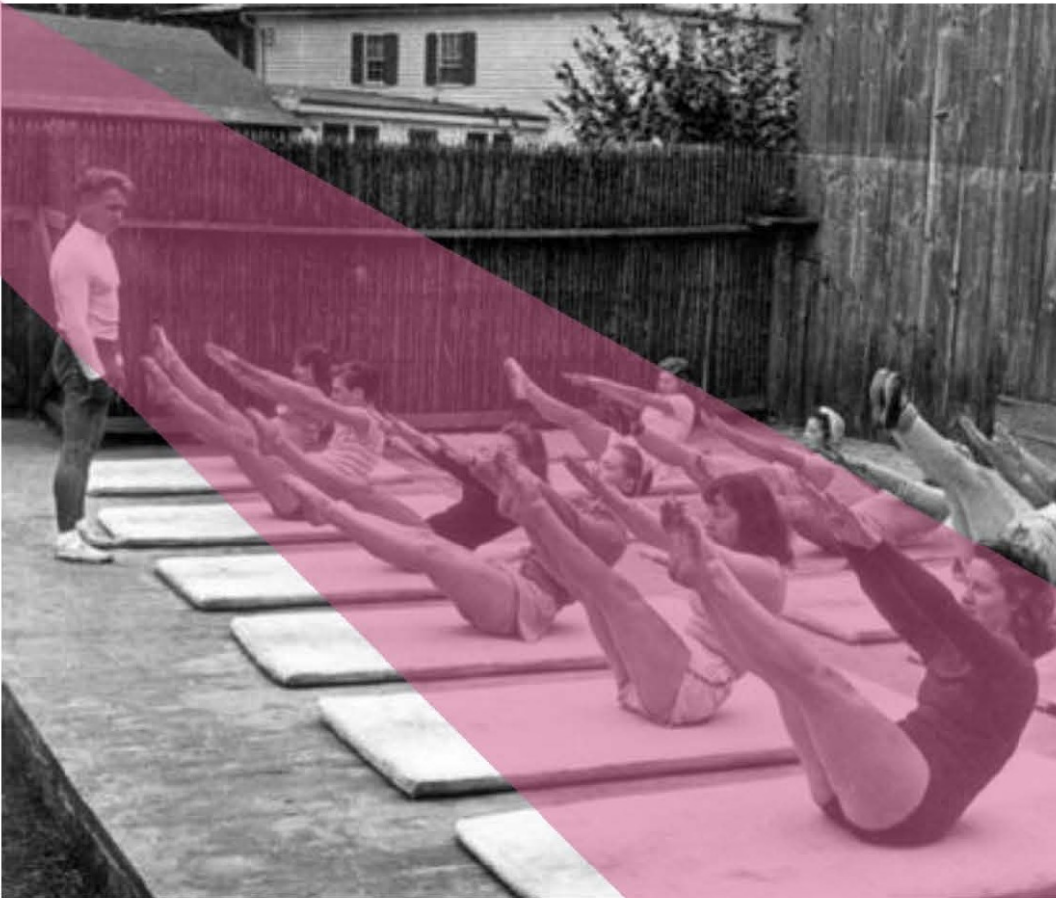


**Sundays @ 3pm**  
**Oct. 14 – Nov. 18**

**Six Sessions - \$150**

**(1 parent & 1 child; \$60 each additional family member)**

# **FAMILY RECESS**



## **Exercise can be fun!**

Join Kait as she welcomes parents and children 7 and up in a fun, challenging and rewarding Pilates experience. Kait will introduce Joseph Pilates' mat work teaching his traditional exercises and incorporate partner exercises and group fitness games. Let your kids discover how exercise can be fun and spend quality time together, too.

Pilates has never been so fun!

**ENROLL ONLINE**

**Quality time  
together away  
from a screen**

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**Healthy habits  
begin early**

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**You are never  
too old to play**

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**Healthy is  
Happy**

**CENTER POINTE PILATES**

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