

Pilates for Dancers

class series with Jami

www.centerpointepilates.com

*Mondays @ 6pm
Start date: Sept. 12th
End date: Oct. 17th
6-week series*

Cost: \$240

**min. 3 participants*

*Cross-training, especially
with Pilates, is a great
way to strengthen
underworked muscles
and balance out
the overworked ones.*

