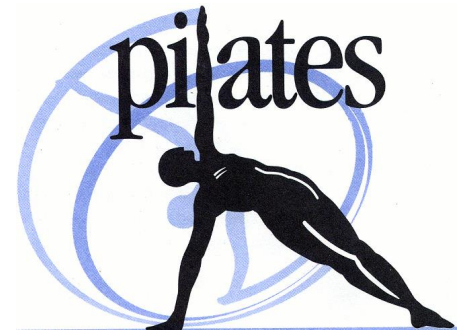


JOIN NOW!



6 weeks of Pilates

WHERE: Roosevelt Public School Gym
2A School Lane, Roosevelt, NJ 08555

WHEN: Thursdays, January 7th – February 11th
6:45 p.m. – 7:30 p.m.

COST: \$60 for all 6 classes, \$15 for individual class

Equipment needed: Pilates or Yoga mat or large towel

Suitable for all fitness and experience levels

Send checks to:

Roosevelt Public School Education Foundation
P. O. Box 22, Roosevelt, NJ 08555

Or you may pay at the door

Questions: foundation@rpsef.org

Visit our website: www.rpsef.org

Sponsored by



Instructor: Roosevelt resident Stacey Bonna

Stacey holds certificates in Mat Pilates Phase I, II and III and has many year experience teaching group fitness classes. Thank you to Stacey for generously donating her time for these classes.

What is Pilates? "The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape."
~*The Pilates Body* by Brooke Siler

