

WINTER PILATES 2012 SCHEDULE

Class Schedule begins January 9, 2012

at Performax Physical Therapy

29100 Gateway Blvd Suite 400 Flat Rock, Mi.

January 9th - March 28th (12 weeks)

Class Times:

Monday - 7:15-8:15 pm

Instructor:

Paula

Wednesday - 7:15-8:15 pm

Monica

One class per week - \$77

Two Classes per week - \$120

Drop Ins - \$8

Classes use fitness circles, foam rollers, weighted Pilates balls,
exercise balls - all equipment including mats will be provided

For more info call (734) 379-7900

Please call to reserve a spot in class!