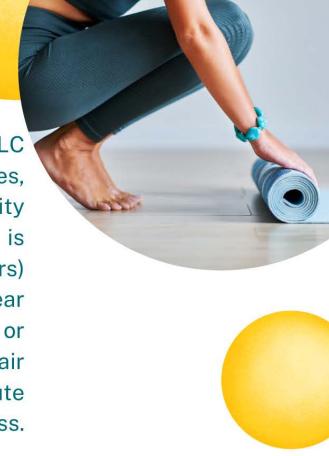
PILATES CLASSES AT THE JCC

Join Martha Connolly of Pilates At Any Age, LLC who will be instructing classes of Pilates, starting Tuesday, April 2nd. All community participants are welcome, no experience is necessary and all levels (including beginners) are welcome. Participants should wear comfortable clothing and either grippy socks or bare feet and bring a water bottle. 45 min chair class at 9:30 am on Tuesday and a 45 minute mat class at 10:30am on Tuesday. \$5 per class. Class fee is payable by cash or check only.





\$ 5 PER CLASS TUESDAYS IN APRIL 9:30AM - 10:15AM CHAIR CLASS 10:30AM -11:15AM MAT CLASS

*PLEASE NOTE THE DAY AND TIME CHANGE FOR CLASSES * *NO CLASS TUESDAY APRIL 24, 30*

- 1100 Berkshire Blvd Suite 125Wyomissing
- RSVP to info@jfreading.org or call 610-921-0624



