

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 125
Wyomissing



RSVP to info@jfreading.org or
call 610-921-0624



Jewish Federation
of Reading/Berks