

ARE YOU SUFFERING FROM LOW BACK PAIN?

Don't suffer anymore - come try our Better Back Reformer class, specially tailored to engage the deep core muscles and improve overall strength and flexibility.

Taught by Patricia Brown,
STOTT Pilates instructor, with Injuries and Special Populations training

Mondays 6-7pm, Cost \$40, \$130 for 4 sessions.

Sign up at the front desk or email tbrewitz@caclubs.com

