



PILATES BEYOND BREAST CANCER

Pilates Beyond Breast Cancer is designed to build stamina, improve posture, increase shoulder range of motion, regain function and release neck tension. Join Certified Body Harmonics® Pilates instructor Anne Marie Collingwood to restore your foundation of strength, mobility and balance as you experience The Art of Contrology (Joseph Pilates)

**Join us on Wednesdays 9:30 – 10:15 a.m.
January 10 – March 14, 2018**

**Cost: \$80.00 + HST for non-members
FREE to Adult Fit Pass Members and Health Pass Members**

LOCATION: 75 MacNab Street South (STUDIO)

FOR MORE INFORMATION OR TO REGISTER:

Contact Anne Marie Collingwood at (905) 522-9922 x 158
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