



PILATES



**"In 10 sessions you will feel better, in 20 sessions you will look better,
and in 30 sessions, you will have a whole new body."
*Joseph H. Pilates***

- **Mat Level I Classes now forming at West Club**
 - **Tuesdays & Thursdays at 9:30 am**
 - **Tuesdays & Thursdays at 5:00 pm**
- **Private Apparatus Training also available**

For more fees, sign-up or information:

See the front desk

Call 903.893.5100

pilateswpep@yahoo.com

Instructor:

Phyllis Parker

Certified and Experienced

Pilates Professional