

Get in shape this fall with Pilates for Everyone



Select from two 12-part sessions:

***Tuesdays, 6:15 p.m.
(begins Sept. 14)**

***Saturdays, 9 a.m.
(begins Sept. 18)**

Certified Pilates instructor Dawn Maynard teaches breathing techniques, movements to improve joint alignment and muscle balance, and proper ways to stand, sit, and walk to improve balance and posture and much more during this comprehensive class.

Sign up at the Village Center. For information, call 301-656-2797.

The cost is \$300. Sign up by Sept. 3 and pay \$240.

The first six to sign up will receive therapy balls and bands.

Sponsored by the Friendship Heights Village Center