

R*Pilate's Class

Instructor Rachel Ladd



Day & Time: Wednesdays @7pm

Location: Mt Holly Twp Building

Pilates is a method of exercise and physical movement designed to

stretch, strengthen, and balance the body. This class is for ALL levels.

There is only one way to find out if you love the class, come and check it

out. (Bring yoga mat or towel)

\$10.00 per class or \$25 for 4 classes

Call 847-922-2342

Email rladdmassage@comcast.net