

Pilates Mat Class

WITH ABELARDO CISNEROS

*Are you interested in developing
core strength, mind body connection,
body conditioning, improving your
posture?*

SIGN UP NOW FOR A NEW PILATES MAT CLASS WITH ABELARDO CISNEROS



CLASS DATES

EVERY SATURDAY

JULY 19 THROUGH AUGUST 14

CLASS TIMES

2:30 PM TO 3:30 PM

TO SCHEDULE AN APPOINTMENT
916.447.1635

COST & LOCATION

\$12 PER CLASS or 9 FOR \$90

CLASSES HELD AT THE DEANE DANCE CENTER
3385 LANATT STREET, SACRAMENTO