

Precision Pilates and Dance Studio



Pilates with Power, Passion and Purpose

Pilate Classes

Instructed by Rhonda Root

Pilates is a method of exercise, which aims to encourage the use of the mind to develop core postural muscle strength, stability and flexibility resulting in more efficient and graceful movement. These exercises are done on a ball and mat which are provided for you to use. You may choose to bring your own mat and Pilates ball. A new session begins on Tuesday, January 14, 2014 from 7:00 pm until 8:00 pm and last for six weeks. Cost is \$50.00 the six week session. Reserve your place now. Bring your payment to the first class. A minimum of 8 people are needed to hold classes. Registration deadline is Friday, December 20, 2014. Sign up now or call us to reserve your spot.

How do I get started?

Call Rhonda at (440) 376-0635