

www.endwellpilates.com or call Antigone at 541.740.4632

Pilates Festival

Saturday, January 23, 9am to Noon



Join us for an educational Pilates day celebrating the work of Joseph Pilates. This half day event will explore numerous aspects of Pilates from mat exercise, prop work, to routines on the equipment. You will have the opportunity to take up to 6 short classes, see and try Pilates equipment including reformer, chair, spring board and magic circle.

\$39.00

**Holiday Special
until Dec.31st**

2 for \$50

Bring a friend!

*Great stocking
stuffer!*

Participants include:

- ◆ Antigone Cook, Life Integrated Fitness
- ◆ Kristina Ender, EndWell Pilates & Coaching
- ◆ Lisa Wells, Cedar & Fir
- ◆ Lauren Brasington, Pilates on Second
- ◆ Sarah Weber, Corvallis Physical Therapy

Sponsored by



Refreshments provided by Corvallis Physical Therapy Movement Studio

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