



Core Strengthening Pilates

- ◆ **Gain Vitality through Mindful Movement Practice**
- ◆ **Improve Performance**
- ◆ **Prevent Injury**
- ◆ **Relieve Joint Strain**
- ◆ **Gain Balance & Coordination**



Small Group Mat Classes Wed./Fri. @ 9:30AM
Private/Semi-private equipment Sessions

With Betsy Walker, PMA-CPT

Core Align Pilates
5838 S. Pagosa Way
Centennial, 80015

Call for Information: 303-532-6152

CoreAlignPilates.com