



Pilates at NJCHL

Tuesday 9:30 - 10:30am

Friday Mat Class

9:30 - 10:45am

Restore good Posture

Lose weight

Make your waist smaller!

Increase core strength

Increase flexibility

Alleviate Pain and tension

Improve balance

*Enhance coordination for
athletic performance*

Feel great and see the results!

Drop in: \$20.00

Group of ten: \$180.00

New Jersey Center for Healthy Living
292 Bloomfield Avenue
2nd Fl.
Montclair, NJ 07042



Patrice has been teaching mat and personal training classes in the Essex County area for the past ten years. She is a fully certified Pilates mat and apparatus instructor and is also a certified pre- and post-natal exercise specialist. She has helped many get stronger, longer and leaner with Pilates. It's a great way to stayactive and balanced throughout your life!

NEW CLASS – "Bosu challenge" **A weight loss workout!**

Small Group Class

TUESDAYS 9:30AM -10:30AM

CALL TO RESERVE A SPACE

973 641 3160

